

Based on Groundbreaking Research

"Your mindsets always create your reality. You now have in your hands and before your eyes, ready to be activated, the 7 Mindsets to help you live the reality you desire."

~ Mark Victor Hansen, Co-Author of the Chicken Soup for the Soul series



The Mindsets

To Live Your Ultimate Life

Parent Handbook



7 MINDSETS



Scott Shickler & Jeff Waller



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Introduction

The 7 Mindsets are based on a three year research effort that began with the simple question: What do the world's happiest and most successful people have in common? In search of the answer, we studied many of the happiest and most successful people who've ever lived. We reviewed the most extensive and important studies on personal achievement ever conducted. And we personally interviewed over 400 leading experts, some of the most successful men and women of the 20th and 21st centuries.

Our research revealed that the answer isn't related to gender, ethnicity, or where they lived in the world. It had nothing to do with being raised in a loving home or a broken one. It didn't matter if their families were rich, middle class, or impoverished. It wasn't even connected to how far they advanced in school or the skills they acquired along the way. In fact, it turns out that the game-changing commonalities of happiness and success are based on how the world's most successful people think.

What emerged from our research was a set of seven mental habits foundational to an enriched life. The 7 Mindsets are a comprehensive blueprint for happiness, meaning, and success, written in simple, powerful language to teach and activate success strategies for people to live the lives of their dreams.

In the following pages, you will find a description of each of the 7 Mindsets, along with a summary of the key components of each that empower us to live our best lives. At the end of each section is one immediate action to take that will help instill a 7 Mindsets culture in your home. These will change the dynamic of your family's daily life by invigorating your children to tap into their unlimited potential.

Following the 7 Mindsets overviews, we summarize our E.M.P.O.W.E.R. approach to driving intrinsic motivation within students. With each step, we provide a Parent Tip to help you successfully implement these methods in your home.



Everything is Possible

Dream Big, Embrace Creativity and Expect Great Results

Everything is Possible teaches us that we are all capable of living extraordinary lives. We learn that everything in existence was once just an idea, until someone believed it was possible and turned it into a reality. Embracing this fact allows one to envision a wonderful life, expect greatness, and effectively execute the process of making dreams come true.

1. Dream Big – People who achieve the most in life realize that the greatest limitations are those they place on themselves. This applies to your success in school, business, fitness, the quality of your relationships, and the impact you have on the lives of others. Dreaming big is about raising the expectations you have for your life, because when you do, your future becomes bigger and brighter.

2. Embrace Creativity – The only time you are creating new things in your life is when you're being imaginative and innovative. If you want things to change, and want things you've never had, you must do things you've never done. This could be reading a book to acquire new knowledge, debating a topic with a friend, or trying a new activity. Your life can only expand through creative action!

3. Think Positive – People with a brighter outlook on life are not only happier, but accomplish more with their lives. Start believing there is more for you in life, expect good things from other people, and find the positive in all the situations. These simple acts will make you happier in the moment, and your future will become infinitely brighter.

4. Act and Adjust – You must *act* if you want to get results. It is important to plan and develop strategies, but only if they drive you to action; if you do not act, nothing will change. The greatest obstacle to taking action is fear of failure, but the most successful people in the world don't see failure, only feedback. Simply learn from your mistakes and move forward, because this is the only way to make your dreams a reality. Act on them and be prepared to adjust.

Creating a Mindset Culture at Home – Don't be a dream snatcher! Resist the urge to give your children reality checks, no matter what their dreams are. Dreams are precious, and they represent the hopes and expectations we have for our lives. So every dream and positive vision of the future that your children have should be encouraged. Their dreams will inevitably change, but what matters is that they're dreaming and believing. Constantly push your children to dream bigger, and never be the doubter or pessimist.



Passion First

Pursue more Authentic Talents and Deepest Interests

Passion First tells us that we are each a unique expression of human life, and that our lives should be focused on finding our unique genius and sharing it with the world to the maximum extent possible. You will learn to make your dreams authentic, and of such critical importance that you'll find the fuel to overcome any obstacles you face on the way to achieving them.

1. Focus on Strengths – Everyone has things he or she does well. When you do what you're good at, you perform better and get better results, which benefit both you and those around you. Playing to your strengths is critical, so that you spend your time doing what you're best at and create the most value. It's also important to recognize that your strengths are much more than things you do well (i.e. math, sports, music); they also include situations in which you thrive, and people with whom you are at your best. You must understand all of these strengths to enhance your life.

2. Explore Your Interests – When you like doing something, you do more of it, and also tend to do it in your free time. When you're doing things that consume you, your focus is greater, you perform better, and improve faster. Doing these things more often allows you to become great at whatever they are. When you are great at anything, the world notices, your value to others increases, and more wonderful things flow into your life.

3. Make a Stand – It's vital to play to your strengths and interests. And it is equally important that what you do be important to you and your life. What you do must *matter* to you. It must be of huge significance to you in the moment, because no matter what dream you choose, there will be challenges, and the personal importance of a dream is what helps you push through to attain it. You must also understand what your core values are. Act from your values, and you will do so with your greatest power to overcome obstacles and challenges.

4. Be Authentic – Great dreams must come from within you, not from outside influences. To do something extraordinary, a dream must leverage your strengths and interests, it must align with who you are (your core values), and it must matter greatly to you. When all of this is in place, you perform at your best and most determined. The combination of performance and persistence is the key to the fulfillment of all great dreams.

Creating a Mindset Culture at Home – We live in an extrinsically-driven world where it's easy to be led by the goals and expectations others have for us. It's typical to assess ourselves based on outside standards, and on what others have or can do. Instead, teach your children to look inward for direction and fulfillment. Every experience in your child's life should be about growth. Constantly focus your attention toward helping them understand the skills they're building, the knowledge they're gaining, and the relationships they're forming along the way. It is crucial that they find validation in who they are becoming, not in what they are accumulating.



We Are Connected

Explore the synergies in all relationships and learn to empower one another

We Are Connected helps us understand that everyone who comes into our lives can help us live our dreams. Through this mindset, we learn to constantly explore synergies with others, embrace diversity, and relish the competition that will allow us to maximize our potential with and through others.

1. Embrace Everyone – Every person that comes into your life has the potential to help you, hurt you, or have no impact at all. It would make sense to figure out how that person may be able to help you, because the other option means you are not getting better, but taking steps away from your dreams. People who live great lives embrace everyone, and are constantly seeking ways to serve and be served by those with whom they come into contact.

2. Maximize Positive Relationships – Many people in your life lift you up and make you better. Unfortunately, there are also those that can bring you down. Work to spend more time with the people that empower you and less with those who don't. Seek ways to get more out of and put more into the great relationships of your life!

3. Build Your Dream Team – Identify and build your Dream Team. These are the people who will help you live your dreams. Perhaps they have experience you can draw from, access to resources you will need, or can provide critical support to help you start living your dreams. The important step is to recognize the vital role others will play in your life, and deliberately begin developing the relationships you will need.

4. Lead with Value – When you find people who can help you in life, start building those relationships quickly so the cycle of giving can begin. A lesson many have learned is that if you seek to help someone before you ask for help, you will ultimately get much more out of the relationship. Find ways to lead with value to supercharge new relationships.

Creating a Mindset Culture at Home – We all have belief systems that help define who we are. But this can go wrong when we separate ourselves from others because of these beliefs. Some individuals create walls of anger and even hatred to isolate themselves from large segments of people who could actually help and benefit them. We must instill values and a strong sense of self in our children, but also cultivate curiosity and open-mindedness towards all people, regardless of differences in beliefs.



100% Accountable

Choose to take responsibility for your own happiness and success

100% Accountable teaches us that we are not victims of our past, that our futures are not predetermined, and that our lives are what we choose them to be at this moment and each moment forward. With a focus on recognizing fears and excuses, this mindset helps us to break down barriers, freeing our minds and focusing our energy on taking critical steps toward our goals.

1. Own Your Life – If you give away your ultimate freedom, the freedom to act and think for yourself, then you become a victim. This happens when you allow the things others do to you and opinions they have of you to matter more than your own thoughts toward yourself. Begin the process now of owning all aspects of your life and actions, taking responsibility for your situation and every moment of your life from this one onward. Do this, and you will be in control of your life and destiny, rather than allowing others to control them.

2. Overcome Limiting Beliefs – The greatest limitations in your life are those you place on yourself. They come in the form of fears, excuses, and counter mindsets. These limiting beliefs distort your confidence and optimism, and drive ineffective and destructive behaviors. You can and *must* reprogram your thinking to overcome limiting beliefs.

3. Focus Your Energy – People who get the most out of life do the most with the same 24 hours that all of us have. They spend more time doing things that give them energy, and use that energy to learn and accomplish things that are important to them. You must constantly restructure your time to get the most out of the moments you have. When you do this, you'll be taking larger and more powerful steps toward your dreams each day.

4. Grow Through Life – Life is a process of continual learning and growth. Recognize this and seek to grow from all experiences, good and bad. When you do this, you will constantly get better. You must also proactively develop your strengths and build new skills. By doing so, you will truly become 100% Accountable, and capable of creating the life of your dreams.

Creating a Mindset Culture at Home – Do not enable; empower! The greatest gift you can give your child is the confidence to fail, face adversity, and overcome challenges. As parents, we connect our own ego to our children's' successes and accomplishments. Unfortunately, this sacrifices the most important thing, which is giving them the ability to survive and thrive without us. Celebrate failure by teaching your children to that it may be the most important ingredient to their ultimate success.



Attitude of Gratitude

Seek the positives from every experience and be thankful for all you have

Attitude of Gratitude teaches us that we build our lives on either positive or negative foundations. Choose the positives, and you are on your way toward extraordinary success. Choose the negatives, and you will likely start on a downward spiral.

1. Treasure Yourself – Create the life of your dreams by cultivating your own greatness. There may be things you don't like about yourself, but you must believe that you are made of more wonderful things than not. Recognize the treasure that is you, cherish and develop it, and let it shine forth so you can live the extraordinary life you're meant to live.

2. Be More Grateful – You have the choice to focus on the good or the bad in life. Focus on the good, and those things will expand, putting you on the path to your dreams. If you spend your time in regret, jealousy, anger, and confusion, the negative aspects of your life will expand and keep you from attaining your goals. Simply be more grateful. As often as you can, think about the good things in your life, both in the present and yet to come.

3. Thank it Forward – One of the best ways to feel better and become happier is to do something for someone else. And one of the easiest and most powerful things you can do for someone else is to express gratitude for who they are and what they do. In fact, thanking someone provides two wonderful gifts: it makes the other person feel good, and it allows you to be happier, too.

4. Elevate Your Perspective – People who have achieved great lives point to moments of great adversity and challenge as times when they learned critical lessons or built essential skills that allowed them to be successful. Knowing that, you can understand why it is important to seek the positives from all situations, even those that seem completely negative. When you do this, you get better, you learn, and you grow in essential ways that help you live a richer and fuller life.

Creating a Mindset Culture at Home – Practice gratitude regularly. We live in a largely pessimistic society where criticism is over-valued. This concept might have merit in some places, but not in your home. If you want your child to be happy, teach them to focus their energy and attention on the good things in their life. And when bad things do happen, work with them to understand the good that can come from such experiences.



Live to Give

Inspire and serve others while maximizing your potential

Live to Give describes how abundance in one's life is a cycle. To receive love, respect, and financial security, one must first learn to give those things. This mindset also teaches that the greatest gift you can ever give is finding and leveraging your unique genius to maximize your positive impact on the world, knowing that good things will be returned to you in kind.

1. Stretch Yourself – Live to Give can sound a little bit selfish. While the best way to get what you want is to give what you can, the real point is to give because it is the right thing to do. When you live your best life, you do the things at which you are great, and get the best results. These results benefit you as well as others and the world around you, and that is the reason to do it. Oprah Winfrey gives millions of dollars to charity, but none of that impacts the world as much as the inspiration her talk show has provided to billions. Great teachers have as much impact as anyone, simply by being great teachers. You will give the most simply by being your very best and living your ultimate life.

2. Make a Difference – The easiest and quickest way to feel better and become happier is to help someone. Amazingly, we have also learned that the best way to get good things into your life is to start giving. When you do, you create value with your actions, starting the cycle of good things coming back to you in return. Start or expand the flow of abundance into your life simply by giving and making a difference each day in whatever ways you can.

3. Receive Gracefully – One surprising thing that people experience when they start living their dreams is feeling uncomfortable with or unworthy of receiving all the new and wonderful things coming into their lives. As a result, when opportunity knocks or people want to help them, they sometimes shut the door and won't let the good things in. These gifts can provide them the energy and power to do more and help more people beyond their own lives. So we must receive gracefully, or we risk cutting off the cycle of giving and limit our own potential.

4. Leave a Legacy – The only thing you will take with you when you die is the impact you had on others and the world around you. Your life truly takes on meaning when it transcends you as an individual. So find the things about which you are passionate, and orient your life around the legacy you want to leave. Make your life transcend you.

Creating a Mindset Culture at Home – Get your children involved in service projects early. This helps create self-worth, and allows your child to help others while feeling the great satisfaction of making a difference. Volunteer over the holidays, feed the homeless, nurse a stray cat back to health, do something that contributes something to the world. Create real life moments of service and giving in your home and celebrate them. Then explain to your kids that giving doesn't have to be reserved for special occasions or only be done when you achieve a certain level of success. Ideally, giving is connected to causes you are passionate about and integrated into your daily life.



The Time is Now

Harness the power of this moment and take purposeful action today

The Time is Now teaches that all your power exists in the moment. You cannot change the past and the future has not happened, so the only thing to do is take purposeful action in the present to create the ultimate life of your dreams.

1. Embrace Every Moment – One measure of your life is how you feel in each moment. To what degree do you experience positive emotions like joy, love, gratitude, empathy, etc.? When you embrace every moment, you squeeze the most out of each experience and live a life of greater happiness. Seek out circumstances that create great joy and fond memories. Remember, even in tough times like the loss of a friend, you experience love, and while sad, it is still a rich and positive experience to remember your friendship.

2. Get in the Zone – When we act out of anger, jealousy, or confusion, we often get something wrong, and can cause more harm than good. Try to recognize when you are out of sorts, stop taking action, and figure out a way to get in a better state of mind. When you can do this, you'll get into your zone, and the actions you take will be much more effective and result in a far more positive outcome. This is not to say that acting out of anger should never happen. Justified anger is real, like when you see others bullying or discriminating against someone. The key is to be sure you are acting appropriately and out of necessity. But in any situation, it is vital to think before you act.

3. Let Yourself Be Vulnerable – When you are vulnerable, you are in a heightened state of emotion or energy. Whether you are attacking a fear, taking a risk, or expressing a deep emotion, your senses come alive and you really are at your best. Many people don't allow themselves to be vulnerable, believing it is a sign of weakness. In fact, allowing yourself to be vulnerable is one of the strongest of human traits. Some of the greatest moments in life happen when you're at your most vulnerable: applying for a job, proposing to your life partner, giving birth, taking the game-deciding shot. To become great, you must put yourself in positions of vulnerability.

4. Act on Purpose – While all action is powerful, the actions you take that align with your dreams are even more powerful. First, they resonate with who you are and matter to you, motivating you to try harder and work to overcome more. Second, this ensures you're taking steps directly toward reaching your dreams, which makes your actions more meaningful to the overall quality of your life. Ask yourself about the actions you take. Is this action moving me toward the life I want? Or is it distracting me from my dreams?

Creating a Mindset Culture at Home – Create a vision board and develop an action plan with your children. Teach them how to prioritize, and encourage them to take positive and purposeful action toward their dreams. Sometimes, small steps can make the biggest difference, simply by taking action. It's okay to plan, but while many people wait for the perfect plan or moment in time before they act, the happiest and most successful individuals take action all the time... even (and especially) when their plans aren't perfect.



E.M.P.O.W.E.R. Approach

The 7 Mindsets E.M.P.O.W.E.R. approach has been developed over 25 years of working with hundreds of thousands of youth globally. Its singular focus is to actively engage students and youth in their own positive personal development process. When executed successfully, it increases intrinsic motivation, positive self-awareness, self-advocacy, and self-determinism.

Expand Expectations – Change the way students view themselves, their environment, and their future, and you will change the decisions they make in the present.

Parenting Tip: Work with your child to create a Dream Board. Get a poster board and cut out pictures and words from magazines, download and print photos from the internet, and create your own words and drawings by hand. Coach your child to think about all areas of their life (family, friends, health, sports, spiritual, education, career, etc.) and to create a positive visualization of their future. You can also do this online with your child at www.glogster.com.

Make it Relevant – Personal change can only occur once powerful and sustainable intrinsic motivation is developed.

Parenting Tip: Continually connect what is being asked of a child to their immediate self-interest. For example, help them understand that math will be an essential skill they'll need to make money. Or that reading will make them a more interesting person, and therefore will foster better friendships. Note: The results of this will not be instantaneous, but continued effort will result in empowered behavior on many fronts, including increased intrinsic motivation.

Promote Constant Growth – Achievement of any kind is a process, and our lives and efforts must be viewed from that perspective. We can and must grow from all experiences!

Parenting Tip: When your child succeeds or wins an award, do not celebrate the outcome, celebrate the process they went through to get the outcome. You might say, “I am glad you won the trophy, but what really matters is the person you had to become along the way.” Likewise, when your child fails at something, discuss what they can or did learn from the experience, and how they can apply that new knowledge to improve moving forward.

Optimize the Experience – Learning is a fun experience, and it should take place in an engaging way that provides for all learning styles.

Parenting Tip: Do fun things, and understand that every moment is a teaching moment. Take your child for a hike and teach them how their muscles are getting stronger. Make a cake with them and teach them about fractions while measuring out the ingredients. Take them to a baseball game and teach them about the hard work required to become a professional athlete. If your child is passionate about baseball, talk with them about the job opportunities on the field and in the stadium that allow people to use their love of the game.

Welcome Creativity – To have what we have never had, we must do things we have never done, and trust in the incredible power of our imagination.

Parenting Tip: Constantly celebrate your child’s creativity and imagination. Recognize even the smallest actions such as negotiating or making up stories. Our children must understand that creativity will enrich all aspects of their lives and can take many shapes and forms. They must also appreciate the incredible power that the creative process has to make their dreams come true.

Encourage Authenticity – Greatness can only occur when we act from a place of strength, one that is connected to our unique abilities and interests and driven by our values and desires.

Parenting Tip: When your child does something good, instead of telling them you are proud of them, try telling them, “You should be proud of yourself.” This will get the same result, and will teach them to first look inside for validation rather than to others.

Reinforce and Sustain – To enable true personal change, sustaining influences must be employed to overcome existing environments that create limited thinking.

Parenting Tip: Create mantras in your home, consistent messages that reinforce core values you want developed in your child. Integrate a new language of success into your family vernacular. Examples might include “Be a victor, not a victim,” or “Whatever you can conceive and believe, you can achieve.” And of course, we highly recommend utilizing the 7 Mindsets in such language:

- 1) Everything is Possible
- 2) Passion First
- 3) We Are Connected
- 4) 100% Accountable
- 5) Attitude of Gratitude
- 6) Live to Give
- 7) The Time is Now