
Course Overview

This course is an age-appropriate overview of the 7 Mindsets for high school students and the four learning objectives contained in each Mindset. The course is instructor-led with a focus on facilitating small group discussion through interactive videos and discussion questions. Additionally, the curriculum incorporates project-based elements and extension beyond the classroom sessions that can be implemented at the individual student level, the classroom level, or as a schoolwide activity.

1. Everything Is Possible Unit Overview

By learning the Everything Is Possible Mindset, we will understand the importance of the expectations we have for ourselves, our world, and the future, and we will begin to raise those expectations. Essential to this will be the appreciation of our own creative capacity, the importance of maintaining a positive attitude, and the understanding that failure and setbacks are essential to accomplishing goals.

2. Passion First Unit Overview

Students will learn the Passion First Mindset. We will begin to understand that each of us is a unique expression of human existence, and that our lives should be focused on finding our individual genius. Essential to this is making our dreams authentic and aligned to our core values.

3. We Are Connected Unit Overview

Students will learn the We Are Connected Mindset. We Are Connected helps us understand that everyone who comes into our lives can assist us in living our dreams. We learn to explore our relationships with others, embrace diversity, and relish competition, allowing us to maximize our potential with and through others.

4. 100% Accountable Unit Overview

Students will learn the 100% Accountable Mindset. This Mindset teaches us that we are not victims of our past, our future is not predetermined, and our lives are what we choose from this moment forward. We will focus on breaking down barriers, freeing our minds, and focusing our energy to take critical steps toward our goals.

5. Attitude of Gratitude Unit Overview

Students will learn the Attitude of Gratitude Mindset. Through the Attitude of Gratitude Mindset, we are taught that we can use either the positives or negatives in our lives as a foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we will likely begin a downward spiral. By focusing on the things we have, there is no time to be distracted by what we don't have.

6. Live to Give Unit Overview

Students will learn the Live to Give Mindset. Through the Live to Give Mindset, we learn that abundance in one's life is a cycle, and to get love, respect, and financial security, we must learn to give those things. This Mindset also teaches that the greatest gift we can ever give is to find and leverage our unique genius to maximize our positive impact on the world, knowing that good things will be returned to us in kind.

7. The Time Is Now Unit Overview

Students will learn The Time Is Now Mindset. This Mindset teaches us that all our power exists in the moment. We cannot change the past, and the future hasn't happened; the only thing to do is take purposeful action in the present to create the life of our dreams.