

# EMPOWERING MINDS

A FAMILY GUIDE TO THE 7 MINDSETS

## 100% ACCOUNTABLE

The 100% Accountable Mindset teaches that we are in control of our own story and outcomes. It helps students understand that their success in school and life depends on the choices they make and the actions they take every day. With this mindset, students learn to improve their skills, tackle challenges with a problem-solving attitude, and take responsibility for achieving their goals. Research indicates that students who believe their abilities can improve through effort are more resilient and achieve higher academically.



## PRACTICAL TIPS FOR YOUR FAMILY

- **Focus on Growth:** Praise your child's effort and progress, not just their grades or awards. The skills and strength they build will last longer than accolades.
- **Make Them Proud of Themselves:** Instead of just saying, "I'm proud of you," try saying, "Although I'm proud of you, you should be proud of yourself too!" This helps your child build confidence and feel proud of their own hard work.
- **The Power of Yet:** When your child says they can't do something, add "yet." For example, say, "You're not good at long division yet, but with practice, you will be." This encourages a growth mindset.

## MINDSET MATTERS

Here are ways we want to support your child:

- **Own Your Life:** Teaching your child to take responsibility for their choices helps them realize they have the power to shape their future.
- **Overcome Limiting Beliefs:** Encouraging your child to challenge self-doubt and break through mental barriers is key to unlocking their full potential.
- **Focus Your Energy:** Supporting your child in focusing on what matters can lead to more meaningful progress and achievements.
- **Grow Through Life:** By seeing challenges as opportunities to grow, your child will develop resilience and become stronger with each experience.



## CONVERSATION STARTERS

Use these questions to engage in a conversation with your child/children.

- What's a recent decision you made that you're proud of? How did it change your day or affect the people around you?
- Can you think of a time when things didn't go as planned? What did you learn, and how did you keep going?