

# EMPOWERING MINDS

## A FAMILY GUIDE TO THE 7 MINDSETS

### ATTITUDE OF GRATITUDE

The Attitude of Gratitude Mindset teaches students the power of gratitude by helping them focus on what's going right instead of what's going wrong. It encourages them to recognize the good things in their lives—what's working, the supportive people around them, and the parts of themselves they value most. By focusing on these positive aspects, students can build a strong foundation for growth and happiness. Research shows that students who practice gratitude regularly tend to feel more optimistic and happier, while experiencing less stress and anxiety.



### PRACTICAL TIPS FOR YOUR FAMILY



- **Practice Gratitude:** Make thankfulness a regular part of your family's routine. Encourage your child to think about what they're grateful for and either write it down or share it with you.
- **Ask What Went Wrong:** Ask your child questions such as, "What didn't go as planned today?" or "What challenge did you face?" Then, ask them what they learned and how it can help them grow. This will show your child to view setbacks as opportunities for growth, building a positive mindset.
- **Appreciate Them:** Write a heartfelt note to your child sharing what you appreciate about them. Explain what that quality says about who they are and why it matters to you. This creates a meaningful connection with your child, leaving a lasting positive impact.

### MINDSET MATTERS

Here are ways we want to support your child:

- **Treasure Yourself:** Treasuring yourself helps your child recognize their unique strengths and values, building confidence and a strong foundation for personal growth.
- **Be More Grateful:** Being more grateful encourages your child to focus on the positives in their life, fostering happiness, resilience, and a deeper appreciation for what they have.
- **Thank It Forward:** Thanking it forward inspires your child to show gratitude and kindness to others, strengthen relationships, and positively affect their community.
- **Elevate Your Perspective:** Elevating their perspective teaches your child to see challenges and setbacks in a new way, helping them grow and find opportunities for joy even in difficult times.



### CONVERSATION STARTERS

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

- What's a challenge you've faced recently that helped you grow or see things in a new way?
- Can you think of a time when someone was kind to you? How did it make you feel, and how could you show that kindness to someone else?