Based on Groundbreaking Research

The 7 Mindsets

To Live Your Ultimate Life

An Introduction

Scott Shickler & Jeff Waller

7 MINDSETS

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"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

Overview

Why Mindsets Matter

Mindsets don't just allow us to survive in the world we grew up in; they empower us to thrive in a future we can't yet imagine.

The world is changing faster than ever before. Technology is reshaping our lives by the minute. Entire industries are transforming, and the careers of tomorrow may not even exist today. That makes it impossible to predict which specific skillsets will be required to succeed in the years ahead.

But what history *has* taught us—over and over again—is this: while the tools and landscapes may change, the **mindsets** that empower people to thrive remain constant.

What's different now is that we no longer rely only on wisdom and philosophy to understand the power of mindset. We now have the **science** to back it up.

Modern neuroscience confirms that our brains are constantly changing and adapting, rewiring themselves based on where we place our attention, how we interpret our experiences, and the beliefs we hold. Research in **cognitive behavioral therapy** shows that by shifting our thinking, we can reshape our behaviors, our emotional patterns, and ultimately, our outcomes. Studies in **mindfulness** and emotional regulation reveal that how we think and what we focus on has a direct impact on our well-being, our relationships, and our ability to lead purposeful lives.

The science is clear: **mindsets are not fixed—they can be developed**. And when they are, everything changes.

Mindsets are the common thread behind every story of resilience, every breakthrough, every dream realized. They drive how we see the world, how we respond to challenges, how we connect with others, and how we live with purpose. Skillsets may open doors, but it's mindsets that determine whether we walk through them—and what we do once we're on the other side.

The 7 Mindsets

The 7 Mindsets are the result of a multi-year research initiative into the core beliefs, habits, and perspectives of the world's happiest and most successful people. This exploration encompassed in-depth reviews of more than 1,000 leading works on personal achievement and well-being, analysis of landmark psychological and sociological studies, and direct interviews with over 500 high-performing individuals across diverse backgrounds and industries.

At the heart of this effort was one powerful question:
Why do some people thrive while others, with similar circumstances, continue to struggle or languish?

The answer wasn't found in intelligence, income, access, or opportunity. It was found in our **mindsets**.

The research revealed that the individuals who flourished in life—regardless of where they started—shared a set of attitudes and ways of thinking that shaped how they saw themselves, others, and the world. These were the beliefs that drove their choices, sustained their motivation, and empowered them to turn adversity into opportunity. From this discovery, the **7 Mindsets**—*the most essential attitudes and perspectives that, when developed, empower people to thrive both personally and professionally*—were born.

More than a framework for achievement, the 7 Mindsets reflect a synthesis of some of the most powerful contemporary insights in the science of human flourishing. Drawing from the fields of **positive psychology**, **growth mindset theory**, and **emotional intelligence**, the 7 Mindsets bring together the best of what we now understand about how individuals and communities succeed—not just materially, but emotionally, relationally, and purposefully.

The 7 Mindsets approach is grounded in a simple but profound truth: **Success is driven less by what people know—and more by how they think.**

At its core, the 7 Mindsets model is about unlocking human potential. It equips people with the mental and emotional tools to see new possibilities in their lives, build authentic and supportive relationships, take ownership of their choices, and contribute meaningfully to the world around them.

About This Booklet

In developing the 7 Mindsets, our mission was to uncover what truly drives a life of lasting happiness, deep meaning, and authentic success—not just in theory, but in real-world practice. Through this research, we identified four essential elements within each mindset—what we call Mindset Objectives. These serve as a powerful framework for personal growth, offering actionable guidance to help individuals lead more purposeful, empowered, and positive lives.

The 7 Mindsets to Live Your Ultimate Life (2019) book by Scott Shickler and Jeff Waller is available for purchase on Amazon or the 7 Mindsets website.

What follows in this companion guide is an introduction to each of the 7 Mindsets, along with their four corresponding Mindset Objectives—each designed to help individuals take ownership of their mindset and unlock their full potential.

Mindset #1

Everything is Possible

Dream big, embrace creativity, and expect great results.

Four Mindset Objectives:

1. **Dream Big**
2. **Embrace Creativity**
3. **Think Positive**
4. **Act and Adjust**

"All our dreams can come true, if we have the courage to pursue them."
—Walt Disney

Everything is Possible invites us to reimagine what's within reach—not someday but starting now. At its heart, this mindset is about *hope*—the kind that fuels action, resilience, and belief in ourselves. Everything that exists began as a thought—an idea brought to life through intention, courage, and creativity—and that same possibility lives within each of us. This mindset challenges us to face our reality honestly, acknowledge the facts of our circumstances, and *still* hold onto an unwavering belief that we will succeed in the end. When we dream boldly and expect greatness, not just from the world but from ourselves, we unlock new paths forward. It's not just about seeing potential; it's about pursuing it with purpose, grit, and joy.

Dream Big

Dream Big teaches that the greatest limits we face are often the ones we place on ourselves. People who accomplish extraordinary things do so by raising their expectations—of what they can do, who they can become, and the impact they can have. This mindset challenges individuals to see beyond current circumstances and believe in a bigger, brighter future. Dreaming big isn't just about imagination; it's about setting bold standards for your life and believing you're capable of reaching them.

Embrace Creativity

Embrace Creativity encourages you to break free from routine thinking and open the door to new possibilities. If you want things you have never had, you must do things you have never done. Whether it's exploring a new idea, taking on a challenge, or simply viewing a problem from a fresh angle, creative action is the path to growth. Innovation doesn't just happen—it begins with a willingness to imagine, experiment, and step outside your comfort zone.

Think Positive

Think Positive is about choosing optimism as a way of life. People with a positive outlook not only experience more happiness, they're also more resilient, more productive, and more successful. This mindset teaches you to believe in your potential, expect the best in others, and find meaning even in difficult situations. Positivity isn't about ignoring challenges; it's about facing them with confidence, gratitude, and a belief that something good can come from every experience.

Act and Adjust

Act and Adjust is about turning ideas into action and learning as you go. Success requires more than planning—it demands movement. The biggest barrier is often fear of failure, but growth comes from trying, learning, and adjusting along the way. High achievers don't wait for perfect conditions; they take the first step, treat setbacks as feedback, and keep evolving. Progress begins when you act and continues when you're willing to adapt.

Mindset #2

Passion First

Pursue your authentic talents
and deepest interests.

Four Mindset Objectives:

1. **Focus on Strengths**
2. **Explore Your Interests**
3. **Take a Stand**
4. **Be Authentic**

"What I know is, if you do work that you love, and work that fulfills you, the rest will come."
—Oprah Winfrey

Passion First is about discovering what makes you come alive and using it to fuel a life of purpose. Each person is uniquely wired with interests, strengths, and values that point toward their individual path. This mindset helps you connect with what matters most to you, making your dreams more authentic and your actions more meaningful. A strong sense of purpose empowers you to stay focused, persevere through obstacles, and make a lasting impact on the world.

Focus on Strengths

Focus on Strengths is about knowing what brings out your best—and choosing to lead from that place. When you align your energy with what you're naturally good at and what you love, you don't just perform better—you feel more alive, more capable, more connected. Strengths aren't just skills; they're the spaces where you thrive and the people who help you shine. The more you root into those, the more meaningful your impact becomes.

Explore Your Interests

Explore Your Interests helps you connect with the activities that naturally energize and engage you. When you're drawn to something, you tend to invest more time and effort in it—and that leads to rapid growth and excellence. As you develop your passions, your focus sharpens, your skills deepen, and your value to others increases. Pursuing what excites you isn't just enjoyable; it's a powerful path to becoming your best self and opening doors to new possibilities.

Take a Stand

Take a Stand is about aligning your actions with what truly matters to you. Your greatest strength comes not just from doing what you're good at, but from standing firm in your values. When your goals reflect what you deeply believe in, you gain the clarity and courage to face obstacles—even when the path is difficult or uncomfortable. This mindset empowers you to act with conviction, persist through challenges, and make choices that reflect your true self.

Be Authentic

Be Authentic reminds us that extraordinary dreams begin by honoring who we truly are. The most powerful goals are rooted in your lived experiences, fueled by your passions, and guided by your core values. When your dreams align with your strengths and what genuinely matters to you, you tap into a deeper source of motivation and resilience. Authenticity amplifies both performance and persistence, the essential ingredients for turning meaningful dreams into lasting impact.

Mindset #3

We are Connected

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

Four Mindset Objectives:

1. **Embrace Everyone**
2. **Maximize Positive Relationships**
3. **Build Your Dream Team**
4. **Lead with Value**

"If you can accomplish your dream alone, then you are not dreaming big enough."
—Scott Rigsby

We are Connected reminds us that we're not meant to do life alone. At its core, this mindset is about belonging—knowing that we matter, that we're part of something bigger, and that we're stronger together. Everyone we meet has the potential to support us, challenge us, and expand our view of the world. When we build authentic relationships, embrace diversity, and stay open to collaboration, we create the kind of connection that fuels real growth. We accomplish more—not just for ourselves, but for each other—when we work with, for, and through the people around us.

Embrace Everyone

Embrace Everyone is about seeing the worth in every person you cross paths with. The truth is, everyone we encounter has the potential to help us, hurt us, or have no impact at all, and that's often determined by how we enter into the relationship. This

mindset asks us to lead with curiosity and kindness, to stay open to experiences different from our own, and to look for ways to learn and grow together. The best lives aren't built alone—they're built through connection, compassion, and the relationships we choose to nurture along the way.

Maximize Positive Relationships

Maximize Positive Relationships teaches us to be intentional about the people we surround ourselves with. The relationships that uplift, challenge, and support us are essential to our growth and well-being. You become the average of the people you spend the most time with—so choose connection that fuels your best self. This mindset encourages us to invest deeply in those who bring out our highest potential—and to be that kind of person for others. When we build strong, empowering connections, we create the trust, encouragement, and collaboration needed to thrive.

Build Your Dream Team

Build Your Dream Team is about intentionally surrounding yourself with the people who will help you become the best version of yourself. This mindset also invites you to actively seek out new relationships—people with the experiences, skills, and perspectives that can help you move toward the life you want to create. Because here's the truth: if you can accomplish your dream alone, you're probably not dreaming big enough. Building your Dream Team means being strategic about who you learn from, who you lean on, and who you lift up along the way. Together, we can go farther, faster, and with more purpose.

Lead with Value

Lead With Value is about beginning every relationship with a mindset of service. When you focus on what you can give—rather than what you can get, you build trust, strengthen connections, and create powerful momentum for mutual success. Great relationships grow when generosity comes first. Whether it's encouragement, support, or sharing your skills, leading with value sets the tone for deeper, more meaningful collaboration. The truth is, you can get everything you want out of life if you help enough other people get what they want. When you lift others, life has a way of lifting you too.

Mindset #4

100% Accountable

Choose to be responsible for your own happiness and success.

Four Mindset Objectives:

1. **Own Your Life**
2. **Overcome Limiting Beliefs**
3. **Focus Your Energy**
4. **Grow Through Life**

"I really think a champion is defined not by their wins but by how they can recover when they fall."
—Serena Williams

100% Accountable is about claiming ownership of your life and your future. It reminds us that we are not defined by our past or limited by our circumstances. From this moment forward, we choose the direction we go. When we stop focusing on what we *can't* control and start taking action on what we *can*, we maximize our ability to change the course of our lives. By releasing fear, excuses, and blame, we unlock the freedom to act with clarity and purpose. This mindset builds true self-determination—the power to decide, to act, and to shape our own destiny. When we take full responsibility, we stop waiting for change and start creating it.

Own Your Life

Own Your Life is about taking back your power. The moment you let others' opinions or actions matter more than your own, you give away the freedom to shape your life. But when you take full responsibility—for your choices, your mindset, and your

direction—you stop being a passenger and step into the driver's seat. This mindset is about claiming control, refusing to blame, and owning every moment from here forward. Your life is yours. Own it fully, and there's nothing you can't create.

Overcome Limiting Beliefs

Overcome Limiting Beliefs is about breaking free from the thoughts that hold you back. The greatest barriers in life are often the ones we build in our own minds—fears, excuses, and beliefs that tell us we're not ready, not capable, or not enough. These patterns chip away at our confidence and shape habits that keep us stuck. But here's the truth: you have the power to rewire your thinking. It starts with paying attention to how you talk to yourself. Your inner voice matters, and when you change the narrative, you open the door to a life of greater achievement, joy, and possibility. You don't have to be defined by your doubts—you can rise above them and write a new story.

Focus Your Energy

Focus Your Energy is about making every moment count. We all get the same 24 hours, but the people who thrive are the ones who spend their time doing what fuels them—learning, growing, and taking action on what truly matters. Your energy is your greatest asset, and how you use it determines your direction. That's why it's critical to focus on what you can control or influence—and let go of the rest. When you direct your energy toward meaningful goals, positive relationships, and purposeful action, you build momentum. Align your time and focus with your dreams every single day, and there's no limit to what you can achieve.

Grow Through Life

Grow Through Life is about choosing growth—every day, in every situation. Life isn't something that just happens to you; it's something you learn and grow through. When you commit to getting a little better every day and finding something positive in every experience—good or bad—you unlock your greatest potential. This mindset is about progress over perfection, and the belief that every challenge is a chance to rise. As you build your strengths, develop new skills, and keep moving forward, you become more empowered to create the life you truly want—and own every part of it.

Mindset #5

Attitude of Gratitude

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

Four Mindset Objectives:

1. **Treasure Yourself**
2. **Be More Grateful**
3. **Thank It Forward**
4. **Elevate Your Perspective**

"Gratitude is the single most important ingredient to living a successful and fulfilled life."
—Jack Canfield

Attitude of Gratitude is about perspective. It's the choice to focus on what's good and, in doing so, to choose happiness and joy. Every day gives us the chance to see the good, even in the middle of challenges. When we focus on what we have—our strengths, relationships, and progress—we create space for joy to grow. *Energy flows where attention goes*, and what we choose to focus on expands, becoming the foundation of our lives. Gratitude doesn't mean ignoring what's hard; it means finding something positive to build on. It lifts our spirits, fuels our resilience, and empowers us to move through life with greater clarity, connection, and purpose.

Treasure Yourself

Treasure Yourself is about seeing the incredible value already inside you—and choosing to honor it every day. We all have

flaws, but they don't define us. What truly matters are the strengths, gifts, and goodness you already carry within. When you recognize your worth, nurture your talents, and let your light shine, you begin to create the extraordinary life you were meant for. You are your greatest asset—believe it, develop it, and let the world see what only you can offer.

Be More Grateful

Be More Grateful is about shifting your focus to what's good in your life—what you like about yourself, the people who empower you, and the things that are working. The more attention you give to these, the more they grow. Gratitude isn't just a feeling; it's a choice that brings more joy, peace, and progress into your life. Every small shift in focus matters. And the more time you spend noticing the good, the more time you'll spend living in happiness.

Thank It Forward

Thank It Forward is about turning gratitude into impact. One of the fastest ways to feel better and build deeper connections is to express thanks, genuinely and often. When you show appreciation, you lift someone's day—and that feeling of knowing *you* made a difference is powerful. But don't stop there. Take time to truly absorb the gift someone has given you. Recognize their effort, feel their support, and understand that people are showing up to help you live your dreams. Gratitude shared is a gift that multiplies; it fills others, fuels you, and brings everyone closer to what matters most.

Elevate Your Perspective

Elevate Your Perspective is about seeing every challenge as a chance to rise. The people who live the richest, most meaningful lives don't avoid adversity—they grow through it. They look back on their toughest moments as turning points where they gained strength, relationships, clarity, or purpose. This mindset invites you to search for the lesson, the gift, or the opportunity—even in hard times. When you choose to see the good, you grow stronger, wiser, and more prepared to create the life you truly want.

Mindset #6

Live to Give

Inspire and serve others while maximizing your potential.

Four Mindset Objectives:

1. **Stretch Yourself**
2. **Make a Difference**
3. **Receive Gracefully**
4. **Create a Legacy**

"True fulfillment in life doesn't come from what we get, it comes from what we give."
—Marie Forelo

Live to Give is about discovering that significance comes not from what we get, but from what we give. The most meaningful lives are lived in service to something bigger than ourselves. When we use our unique gifts to make a difference in someone else's life or in our community, we unlock a deep sense of joy, purpose, and power. This mindset teaches that giving isn't just about generosity; it's about creating impact. And when we lead with contribution, life gives back in ways we never imagined. The surest way to feel empowered is to know you've made someone else's world better.

Stretch Yourself

Stretch Yourself is about realizing that the greatest gift you can give the world is the fullest version of yourself. When you push beyond your comfort zone, develop your talents, and pursue your potential, you not only improve your life—you

elevate everyone around you. Living your best life isn't selfish, it's *essential*. The more you grow, the more you have to give. Whether you're inspiring others through your example or creating value through your work, your impact multiplies when you stretch to become who you're truly capable of being. That's how you change your life—and the world.

Make a Difference

Make a Difference is about tapping into the most immediate and powerful way to feel better—*help someone else*. When you show up for others, you don't just lift them—you lift yourself. Even the smallest act of kindness creates a ripple effect that brings more purpose, joy, and abundance into your life. This mindset reminds us that we all have the power to make an impact, every single day. If you want to create more good in your life, start by creating it for someone else. Every small act matters, and every day is a new chance to make a difference.

Receive Gracefully

Receive Gracefully is about allowing the good in. As we begin to live more fully and give more freely, incredible things start to come our way—opportunities, support, recognition. But too often, we resist them. We question if we deserve it or feel uncomfortable letting others pour into us. This mindset reminds us that receiving is not weakness, it's wisdom. When we accept life's gifts with gratitude and humility, we complete the cycle of giving. We gain the energy, strength, and confidence to keep growing and giving more. You are worthy of good things. Let them in and let them lift you.

Create a Legacy

Create a Legacy is about living in a way that your impact outlives you. The most meaningful lives are those that leave something behind—hope, love, growth, inspiration. Legacy isn't built in one moment; it's built in the way you show up every day, in how you treat people, pursue your purpose, and make the world around you better. This mindset invites you to find what matters most and align your life with it—so that your influence carries on long after you're gone. Because the goal isn't just to live a good life; it's to live a life that *transcends your own* and becomes a force for good in the lives of others.

Mindset #7

The Time is Now

Harness the power of this moment and take purposeful action.

Four Mindset Objectives:

1. **Embrace Every Moment**
2. **Get in the Zone**
3. **Let Yourself Be Vulnerable**
4. **Act with Purpose**

"All too often, we spend our days waiting for the ideal path to appear in front of us. We forget that paths are made by walking, not waiting."
—Robin Sharma

The Time is Now is about fully engaging with life—right here, right now. All of our power, joy, and potential lives in this moment. We can't rewrite the past, and the future is still unwritten. What we *can* do is take bold, purposeful action *today* to create the life we want. This mindset reminds us that the most successful, fulfilled people don't wait for the perfect time. They take chances, put themselves out there, and trust that the world will meet them halfway. Life responds to movement. And when you show up with courage and intention, moment by moment, you create a life that's not only successful but deeply lived.

Embrace Every Moment

Embrace Every Moment is about being fully alive—right now. The true measure of a life well lived isn't just in what you achieve, but in how deeply you feel and experience each moment. Joy, love, gratitude, empathy—even the hard emotions—are what make life rich and

meaningful. When you lean into each experience, you create powerful memories and lasting impact. Even in pain, there can be beauty. Even in loss, there is love. This mindset invites you to stop waiting for the perfect moment and start living fully in the one you have. Because every moment matters, and how you live them becomes your life.

Get in the Zone

Get in the Zone is about learning to lead yourself from the inside out. When you act from a place of frustration, confusion, or anger, you often miss the mark—and sometimes cause more harm than good. But when you pause, check in with yourself, and shift into a clear, calm, and intentional state, your actions become stronger, smarter, and far more effective. This mindset doesn't ignore tough emotions; anger can be real, especially in the face of injustice. The key is learning to channel your emotions with purpose, not impulse. Because when you learn to get in your zone, you don't just react—you rise.

Let Yourself Be Vulnerable

Let Yourself Be Vulnerable is about embracing the moments that stretch you and expose your true self—because that's where real growth lives. Vulnerability isn't weakness; in fact, it is when we are vulnerable, we become powerful. It's what happens when you face your fears, speak your truth, take a risk, or open your heart. These are the moments when you come alive, when you connect most deeply, and when the door to your best life opens. From applying for your dream job to having a hard conversation or putting your talent on display, vulnerability is the price of progress. And the more you allow it, the more fully and powerfully you'll live.

Act with Purpose

Act with Purpose is about making sure your actions line up with your dreams. Every step you take matters, but when your actions reflect who you are and where you want to go, they carry more power, more energy, and more meaning. Purpose fuels persistence. It keeps you moving when things get hard and makes your progress feel worth it. This mindset invites you to pause and ask: *Is what I'm doing right now moving me toward the life I want?* When you act with intention, you live with direction—and that's how dreams become reality.

Testimonials

"The 7 Mindsets is fascinating and spot-on. It's a new "classic" in the company of *Think and Grow Rich* and *How to Win Friends and Influence People*."

— Larry Hart, Group Chair at Vistage International

"If you want to transform your business, then every employee should know the 7 Mindsets. It will raise the level of performance from everyone who puts them in action."

— Susan Wilson Solovic, ***NY Times*** **Best-selling Author & CEO, It's Your Biz**

"The 7 Mindsets offers one of the most phenomenal and revolutionary messages of our time. Theories have inspired a great upgrade in my thinking towards living an extraordinary life, and it is spreading very quickly among young people here in Africa, poised to bring about the much-needed generational shift."

— Adeniyi Bankole, Lawyer/Social Entrepreneur

"The 7 Mindsets have been an important turning point in my life. Not only did I start thinking like a global citizen, but I have developed a passion to make the world a better place. I am now using them as a daily compass for my life, and highly recommend others do the same."

— James Mwakichako, Student

"The 7 Mindsets were planted in my son's heart at the right time and have influenced him to pursue extraordinary achievements. From starting his own business when he was thirteen to his current leadership positions at school to pursuing his dreams of nuclear engineering, it all started by living the mindsets."

— Manual Carvallo, Parent

"7 Mindsets has been really positive for us as a school district. We've seen a lot of growth in a lot of ways. We notice that our students are more connected to each other and even to themselves. We noticed the adults in the school also learning more about who they are and how they approach things all through the 7 Mindsets."

– Dr. Ann Bond, Assistant Superintendent of Student Services, Peoria Public Schools, IL

"The ideas, substantiated with and supported by the videos, are simple and clear. The program is a prescription for success in life, and it's unlike anything I have seen in my years of listening to motivational tapes and their reading equivalent. Thank you for the positive results I have already experienced from taking this course."

—Paul H.

About 7 Mindsets

At 7 Mindsets, we help people thrive by transforming the way they think.

Founded in 2009, our journey began in schools—where we've empowered over five million students and educators across all 50 states to develop the mindsets that drive well-being, purpose, and lifelong success. Our research-based programs have helped build positive school cultures, boost engagement, improve mental health, and inspire stronger connections among educators, students, and communities.

Today, we bring the power of mindset-based learning to individuals and organizations across all sectors—education, business, nonprofits, and beyond. Whether you're leading a classroom, a company, or your own personal growth, the challenge is the same: how do we help people tap into their potential, stay resilient, and contribute meaningfully?

Our expanding suite of solutions blends mindset science, emotional intelligence, and positive psychology to build stronger individuals, higher-performing teams, and purpose-driven cultures. From PreK–12 classrooms to boardrooms, our tools and programs are proven to increase engagement, improve performance, and foster environments where people flourish.

At 7 Mindsets, we believe mindset is the foundation of every breakthrough—personal, professional, or organizational. That's why we remain committed to helping people in all walks of life cultivate the mindsets that lead to growth, fulfillment, and lasting success.

Learn more today at 7mindsets.com

7 MINDSETS

If everyone wants to live a happy and successful life, why do many individuals struggle to achieve it?

This simple question sparked a multi-year, multi-million-dollar research initiative. The mission: uncover what the happiest and most successful people have in common.

After thousands of hours of research, over 400 interviews, and the study of 100+ influential books, one powerful truth emerged:

Success isn't determined by where you come from, how much money you have, or even how smart you are. It comes down to how you think. It's about your mindsets.

We discovered 7 core mindsets that consistently shape extraordinary lives. But perhaps the most surprising insight? Most people are not only unaware of these mindsets—they're actually living with what we call Counter Mindsets—beliefs and behaviors that run directly opposite to them.

This booklet introduces a new blueprint for personal transformation—one grounded in research, proven in schools and communities, and accessible to anyone willing to shift their thinking.

Explore the 7 Mindsets and discover how the right perspective can change everything.

7 MINDSETS

7mindsets.com