

THE TIME IS NOW

IDEAS FROM YOUR RIDICULOUSLY AMAZING SERVICES TEAM!

MINDSET FOCUS

The Time is Now reminds us that all of our power lies in the present moment. Through this mindset, we learn to fully engage with each experience and take purposeful action. By embracing vulnerability and aligning our choices with our dreams, we maximize every opportunity to create the lives we desire—one meaningful moment at a time.

The lessons in this unit are:

- 7.1 Embrace Every Moment
- 7.2 Get in the Zone
- 7.3 Let Yourself Be Vulnerable
- 7.4 Act with Purpose



Explore:

- Activities, games & more in the [Resource Hub](#)
- Self-reflect with the [Educator Life Plan](#)
- View the [The Time is Now Student Voice Video](#)

MINDSETS MUSIC

- 1 *I'm Still Standing*
Elton John
- 2 *Wake Me Up*
Avicii
- 3 *My Shot*
Lin-Manuel Miranda
- 4 *Just Like Fire*
Pink
- 5 *We Can't Stop*
Miley Cyrus
- 6 *The Greatest*
Sia
- 7 *Carry On*
Fun



**What's on your building's
The Time is Now playlist?**

THE TIME IS NOW IN PRACTICE

Embrace Every Moment: Celebrate the present by finding joy in everyday interactions. Focus on meaningful engagement with your students, your peers, and your purpose.

Pause before the start of each class or meeting for a mindful moment of gratitude or reflection.



Get in the Zone: Increase effectiveness by being intentional with your energy. Recognize when you're most focused, and build routines to support your flow.

Set aside 30 distraction-free minutes during your day to focus on a high-priority task or goal.

Let Yourself Be Vulnerable: Lead with authenticity and openness. Building trust begins with courage—model it for your students and teammates.

Share a story of a time you took a risk or learned from a mistake.



Act with Purpose: Make every action meaningful by aligning it with your greater goals and values. Inspire purpose-driven decisions in yourself and those around you.

Write down a goal and display it in your workspace. Invite students or colleagues to do the same.

MAKE THE MINDSETS VISIBLE

Encourage school-wide participation, fostering a sense of community and shared purpose!

Encourage students to celebrate meaningful experiences with a **“Moments that Matter”** challenge. Invite students to reflect on their favorite memory from this school year – something that made them smile, taught them a lesson, or helped them grow. Create a collective display of photos, drawings, quotes, etc. in a common area or hallway. Encourage staff & faculty to participate too!



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Testing season and the end of the year are moments filled with both challenge and opportunity. Set up a **Motivation Station** to inspire students to stay present, take purposeful action, and embrace their growth as they prepare to move forward. Share affirmation cards, have students write “I am” messages (I am ... prepared, focused, brave, etc.) or create a pump-up campus playlist!

When we lift up the **mindset champions** in our school, we inspire everyone to rise. Shine a spotlight on students & staff who embody the 7 Mindsets with Mindset Shout-Outs. Encourage staff and peers to nominate students who show kindness, take positive risks, support others, or demonstrate a strong work ethic. Recognize nominees with “Caught You Cards”, during morning announcements, or at assemblies.



Challenge students to reflect on the power of courage with the **Fear Factor Challenge**. Invite students and staff to write or draw something they'd love to try but feel hesitant or afraid to pursue—then complete a T-Chart with their “Fears” on one side and potential “Rewards” on the other. Use these reflections to build a Courage Wall in the hallway or within classrooms, showing that vulnerability and risk-taking are part of growth.

CONTENT CONNECTIONS

Reinforce the mindsets in your subject areas!

SOC. STUDIES

Act with Purpose: Civic Purpose Project

Students identify a current issue and create an advocacy campaign, simulating purposeful civic engagement (petitions, posters, presentations).

SCIENCE

Embrace Every Moment: What Do You See?

In a nature walk or lab setting, challenge students to practice close observation. Compare what they notice when fully present vs. distracted. Connect to scientific inquiry.

MATH

Maximize Positive Relationships: Math Mistake Museum

Create a space for students to anonymously share a math error and what they learned from it. Celebrate risk-taking, growth mindset, and helping others learn from our mistakes/discoveries.

ELA

Get in the Zone: Flow Writing Challenge

Introduce students to the concept of "flow" and have them free-write on a topic of passion for a set time without stopping. Debrief: When did they feel "in the zone"? How did this help them generate ideas for further writing?

PHYS. ED

Embrace Every Moment: Mindful Movement

Lead students in yoga, tai chi, or simple stretching with guided breathing. Reflect on how it helps them re-center and be present in body and mind. Share ideas for how they can further incorporate these practices into their lives.

TECHNOLOGY

Get in the Zone: Focus-Friendly Workspaces

Students explore how physical or digital environments affect their ability to stay focused, and design or prototype their ideal workspace for maximizing productivity. Apply design thinking to projects and present workspace solutions to the class.

ARTS

Let Yourself Be Vulnerable: Take the Stage

Students perform or display a piece they are proud of but nervous to share. Focus on courage, expression, and encouragement. Consider modeling vulnerability by sharing your own creation too.

CAREER

Act with Purpose: Vision Mapping

Guide students in creating a vision board or roadmap for their future career. What steps can they take now to begin living their purpose? How can they build their network and skills to support their career plan?

7 MINDSETS NOTES

SCHOOL/DISTRICT

DATE

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