

7 MINDSETS

ULTIMATE

LIFE PLAN



The Ultimate Life Plan will empower you to design a roadmap to a life of passion, meaning, and fulfillment.

AWAKEN TO THE POSSIBILITIES

Transform Your Life from Within

The Ultimate Life Plan is an invitation to explore, grow, and transform. Through engaging activities, thoughtful reflections, and deep insights, you'll embark on a journey of self-discovery that will encourage you to look inward, nurturing the powerful beliefs that shape your life. This is your opportunity to cultivate a mindset that inspires change, fuels growth, and helps you create a life of impact and purpose.

Centered around the 7 Mindsets, the Ultimate Life Plan will empower you to design a roadmap to a life filled with passion, meaning, and fulfillment. These mindsets are the keys to unlocking your potential, enabling you to connect authentically with yourself and others. And just as life evolves, so will your Life Plan—it's a living, breathing document meant to be revisited, refined, and reimagined as you grow. Whenever you need inspiration, a reminder of your progress, or guidance to adapt to new seasons, return to your Life Plan and continue shaping the journey to your fullest potential.



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The 7 Mindsets

In 2008, we began an intensive three-year research endeavor to uncover the secrets behind genuine happiness and success. We interviewed over 500 individuals and reviewed more than 1,000 scholarly works. The research found that success and happiness are not dictated by our circumstances but by how we think.

7 Mindsets emerged as the universal keys to fulfillment. Our mindset shapes the quality of our lives regardless of whether we recognize their influence or remain oblivious to it. These Mindsets are not tethered to material wealth, origins, or specific roles in life. They are rooted in our perceptions, beliefs, and attitudes.

The 7 Mindsets foster a sense of a deeper connection, renewed hope, and ignited passion. When we embrace these Mindsets, we perceive ourselves and the world through a lens of boundless possibilities. Practicing these Mindsets ensures that happiness and success aren't fleeting moments but a lasting legacy.

The 7 Mindsets have been taught to more than 5 million students worldwide from ages as young as pre-kindergarten. Studies show that when youth learn the Mindsets, resilience, grit, and academic performance increase significantly.

Our experience has made it evident that learning the 7 Mindsets can be eye-opening. However, living the Mindsets is life changing.



“Risk more than others think is safe. Care more than others think is wise. Dream more than others think is practical. Expect more than others think is possible.” — Claude Thomas Bissel

EVERYTHING IS POSSIBLE



Everything is Possible

We are all capable of extraordinary lives. Everything that exists was once an idea that someone believed was possible, and through that belief, it became a reality. Through this mindset, you will learn to envision a wonderful life, expect greatness, and turn your dreams into a reality.

Dream Big – People who achieve the most in life realize their greatest limitations are those they place on themselves. These limitations can affect our success in school, business, fitness, the quality of our relationships, and our impact on the lives of others. Dreaming big raises our expectations and opens the door to incredible possibilities.

Embrace Creativity – We're imaginative and innovative when we create new things. If we want new experiences and things we've never had, we must do things we've never done. You could read a book to acquire new knowledge, debate a topic with a friend, or try a new activity. We expand our lives by taking creative action.

Think Positive – A positive mindset has the power to turn challenges into opportunities. By focusing on the good in life and expecting the best from others, you cultivate happiness and set the stage for a brighter future. These simple acts can help you to overcome obstacles and maintain a hopeful outlook on your journey.

Act and Adjust – Success comes from taking action. Planning is important, but the plan should drive us to action. The greatest obstacle to taking action is fear of failure. The most successful people in the world don't see failure, only feedback. To realize your dreams, Learn from mistakes and be prepared to adjust.

My Why

Everything is Possible is the first of the 7 Mindsets and the foundation for the remaining six. Its central lessons are that we must raise our expectations for life and believe in our ability to do extraordinary things. We cannot always see the path ahead of us. Still, we must trust in our imagination and creativity, as these will enable us to overcome challenges and create joy and meaning in our lives.

The first step in the life-planning process is to determine areas of focus. While our lives are filled with interests, pursuits, and responsibilities, deciding which has the greatest positive impact on our happiness and the meaning we derive from life is critical.

Below is a list of typical life areas that people find important. Identify three that are of the highest priority to you. If you have priority areas that are not listed, add them to the blank cells. After you have selected your three priorities, describe why each is important to you.

Family	Friends	Health/Wellness	Education
Sports/Fitness	Career/Work	Spirituality	Arts/Music
Travel	Marriage	Adventure	

Example: Family – I believe relationships are the greatest source of happiness in my life, and the most important relationships I have are with my family.

Life Priority 1:

Life Priority 2:

Life Priority 3:

My Dream If I Had a Magic Wand

Everything is Possible is about creating the life of your dreams. Our greatest obstacles are the limitations we make in our minds. Your creative process will allow you to overcome challenges and embrace your imagination and creativity!

Visualization is a powerful tool for envisioning success in life and can be the key to achieving your dreams. Imagine you have a magic wand capable of granting you any life you desire, free from barriers or limitations. Visualize your dreams in vivid detail and share them below.

Dream 1

Dream 2

Dream 3



PASSION FIRST

**"Life isn't about finding yourself.
Life is about creating yourself."
—George Bernard Shaw**

Passion First

Passion First teaches that each of us is a unique expression of human existence and that our lives should be focused on finding our genius and sharing it with the world to the maximum extent possible. In this mindset, you will learn how to align your dreams with your unique strengths and values, giving you the passion and resilience to overcome any obstacles.

Focus on Strengths – We all excel in different areas. When we focus on what we're good at, we naturally perform better, gain confidence, and contribute positively to those around us. We multiply our success when we understand the situations and environments where we thrive and the people who bring out the best in us.

Explore Your Interests – We all have things we enjoy doing. When we do things that energize and engage us, we're more focused, perform better, and improve faster. And when we're great at anything, the world notices, increasing our value to others and allowing more beautiful things to flow naturally into our lives.

Take a Stand – We must pursue what truly matters to us. Inevitably, we'll face challenges along the way, and a strong sense of connection to what we do allows us to persevere. When we act on our values, we are more impactful and wield our greatest power to overcome obstacles and challenges.

Be Authentic – Our dreams must matter greatly to us and align with our strengths, interests, and core values. When all this is in place, we perform at our best and are our most determined selves. All great dreams require a combination of performance, passion, and persistence.

My Core Values

Passion First helps us develop self-awareness. It is important that we connect our goals and vision of our lives to our strengths, interests, and values. Doing so enables us to tap into the courage and perseverance needed to overcome any challenges associated with our dreams. To live our dreams, we must be at our best. That requires understanding what we stand for, which are our core values.

Think about the future and imagine the story of your life. In that story, you will find your core values that make you unique. These core values will create a foundation of strength for your life. Below is a list of values. Identify those that define you, taking note of the most important ones.

Accomplishment	Customer Satisfaction	Honesty	Perseverance	Simplicity
Accountability	Decisiveness	Honor	Persistence	Skill
Accuracy	Democracy	Humility	Personal Growth	Social Intelligence
Adventure	Discipline	Humor	Perspective	Solving Problems
Appreciation	Discovery	Improvement	Playfulness/Fun	Spirit in Life
Authenticity	Diversity	Independence	Pleasure	Spirituality
Beauty	Ease of Use	Individuality	Power	Stability
Calm/Peaceful	Efficiency	Ingenuity	Practicality	Standardization
Caution	Empathy	Inner Peace	Preservation	Strength
Change	Enthusiasm	Innovation	Privacy	Teamwork
Cleanliness	Equality	Integrity	Progress	Tolerance
Collaboration	Excellence	Intensity	Prosperity/Wealth	Tradition
Commitment	Fairness	Justice	Punctuality	Trust
Communication	Faithfulness	Kindness	Reliability	Unity

Community	Family	Knowledge	Resourcefulness	Variety
Compassion	Forgiveness	Leadership	Respect for Others	Wisdom
Competence	Freedom	Love	Responsiveness	
Competition	Friendship	Loyalty	Safety	
Continuous Improvement	Generosity	Meaning	Satisfying Others	
Cooperation	Global View	Modesty	Security	
Courage	Good Will	Openness	Self-Control	
Creativity	Gratitude	Optimism	Self-Reliance	
Critical Thinking	Hard Work	Patriotism	Self-Thinking	
Curiosity	Harmony	Peace/Non-violence	Service (to)	

My Core Values Statements

Now that you have a list of values that describe you, narrow the list down to three that are most important. Once you have narrowed the list to three, write one or two sentences about why each value is so important to your life and your dreams.

Example: Empowerment – My life is about helping other people achieve more. By doing this, I believe I can make the world a better place and maximize my impact on the world.

My Core Values Statement 1

My Core Values Statement 2

My Core Values Statement 3

My Authentic Dreams

In the Everything is Possible mindset, you defined your dreams. In the last activity, you identified how your dreams connect to your values. Now let's take some time to revise those dreams if necessary. Then define why each dream is authentic to your life. How does it play to your strengths and interests? Why is it consistent with your core values? Why does it matter to you?

Go back to the Everything is Possible activity and look at the dreams you described. Give each of those dreams a name or pick a word that describes them. List those names or words in the spaces below.	How is the dream important to you and the life you want to live? How will it leverage your interests? Why will it matter to you so that you will keep going when things get difficult?
<p style="text-align: center;"><u>Dream 1</u></p>	
<p style="text-align: center;"><u>Dream 2</u></p>	
<p style="text-align: center;"><u>Dream 3</u></p>	



WE ARE CONNECTED

"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences." —Audre Lorde

We are Connected

We are Connected is about recognizing that everyone who comes into our lives can assist us in living our dreams. We can realize our full potential by working with, for, and through others. This mindset encourages us to seek the positives in every relationship, enhancing our performance in all areas of life.

Embrace Everyone – Every person who comes into our lives has the potential to impact our lives positively. Learning to connect with and appreciate others allows us to grow and move closer to our dreams. People who live extraordinary lives build meaningful relationships that can open doors to new opportunities.

Maximize Positive Relationships – Some people lift us and inspire us, while others may not have the same positive impact. We must work to spend more time with people who empower us and less with the ones who don't. We should seek ways to nurture our positive relationships to help us thrive in all areas of life.

Build Your Dream Team – Our Dream Team comprises individuals who can help us live our dreams. These people may have experience we can draw from, access to resources we will need, or can help us face challenges that come our way. Recognize the role others play in our lives and develop the relationships that will help us grow and reach our dreams.

Lead with Value – Building strong relationships starts with offering help before asking for it. When we lead with value, we demonstrate our generosity and empathy, strengthening our relationships and creating a positive cycle of giving that benefits everyone involved. We should always look for ways to lead with value to supercharge these relationships.

My Dream Team

Reaching our dreams requires help from others. You may need their expertise, support, or skills. Once you identify your dreams, you must determine what help you need and develop and maintain relationships that will assist you.

Identify your dream team below. Consider individuals you already know and how you can expand those relationships. Also, think about people you currently don't know and will need to actively seek out and develop relationships with.

Dream Team Member 1 (name or role)

Dream Team Member 2 (name or role)

Dream Team Member 3 (name or role)

Dream Team Member 4 (name or role)

Dream Team Member 5 (name or role)

“Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” —Maria Robinson

100%

ACCOUNTABLE



100% Accountable

100% Accountable empowers us to take full responsibility for our happiness and success. This mindset teaches that we are not victims of our past, our future is not predetermined, and our lives are what we choose from this moment onward. When we take control of our thoughts, actions, and energy, we move forward with purpose and determination.

Own Your Life – We have the ability to free our minds and think for ourselves. Our opinions about ourselves matter more than the opinions of others. By owning all aspects of our lives, we control our decisions and actions and prevent others from negatively influencing our path.

Overcome Limiting Beliefs – The greatest limitations in our lives are those we place on ourselves. These come in the form of fears, excuses, and countermindsets. By identifying limiting beliefs, we can reprogram our thinking and eliminate barriers that hold us back from reaching our full potential.

Focus Your Energy – The people who get the most out of life spend more time doing things that give them energy. The energy accumulated is used to learn and accomplish what's most important to them. We must constantly restructure our time to get the most out of our moments and take powerful steps toward reaching our dreams.

Grow Through Life – Life is a continuous journey of learning and growth. We must seek growth from every experience, whether positive or negative. We must also proactively develop our strengths and build new skills. The constant pursuit of growth fuels our journey toward our dreams.

My Limiting Beliefs

Remember, the greatest limitations are those we place on ourselves. Limiting beliefs can prevent us from taking action and living to our potential. When you tell yourself there are reasons you can't do something, you are beaten before you even try. Awareness of these limiting beliefs is critical to overcoming obstacles and pursuing our dreams.

Step 1 – Below and on the next page, you will see common limiting beliefs. Highlight the ones you sometimes use.

Example 1: People can't change. – Life is constantly changing, and massive strides in personal change can take place in very short periods of time. You must know what you want and believe you can achieve it, even when it requires changing your thoughts and behavior.

Example 2: My situation is special. – Yes, we are all unique, but if you can begin doing things differently, you can expect different results. You can make small changes that will have a massive impact on the outcomes of your life.

Example 3: I am a victim of my past. – You cannot change the past but make a new future. To be 100% Accountable means that you leave the past in the past and refuse to let it define who you are today.

Example 4: I'm too _____. – People often use characteristics they have no control over, such as age, gender, race, or nationality, as excuses not to attempt things. Look around you at all the incredible things people, young and old, are doing. Never use any of these as an excuse not to take action!

Example 5: I'm not _____. – People often don't attempt things because they feel they are not good enough or don't have the necessary skills. Trying something new will require you to be willing to learn and make adjustments, which is normal and a healthy part of the process.

Example 6: I've always done it this way. – If you find that what you're doing isn't helping you achieve your goals, change what you are doing! Regardless of how long you've done something, you can do it differently. It may take a lot concentration and practice to make the changes, but if that's what's necessary to achieve your goals, then those are steps you must take.

My Limiting Beliefs

Example 7: I'll start tomorrow. – Following that logic, tomorrow you'll see no reason why you can't say the exact same thing. Do this long enough, and you will eventually realize that you've postponed things for so long that they don't seem worth doing anymore.

Example 8: I don't want to get hurt. – Many of us fear being disappointed or disappointing others. This fear prevents us from taking the actions we need to take.

Step 2 - Identify three limiting beliefs that you believe will have the greatest impact on your future and describe why in the space below.

Example: Other people are smarter than me. This excuse takes away my confidence and prevents me from participating in many things because I do not feel adequate.

My Limiting Belief 1:

My Limiting Belief 2:

My Limiting Belief 3:

Flip the Switch

Flip the Switch is a technique for overcoming your limiting beliefs. In this activity, you will identify empowering beliefs to replace limiting beliefs. It is important to find the statement that will change your initial thought and instead give you a feeling of empowerment.

In the spaces below, take the limiting beliefs from the previous activity and develop your flip the switch thought. Come up with beliefs that give you an opposite, empowered feeling. Work hard to catch yourself when you use the limiting beliefs and replace them with your new, empowering thoughts. Read or say these new statements to yourself as often as possible and necessary. Over time, you can reprogram your thinking, dramatically improving your life.

Example: If you believe you are not smart enough, a flip the switch thought might be, “There are many things I am knowledgeable about, so I will focus on those to make the biggest impact.”

My Flip the Switch Statements

My Flip the Switch 1:

My Flip the Switch 2:

My Flip the Switch 3:

ATTITUDE OF GRATITUDE



“Life isn’t about waiting for the storms to pass ... It’s about learning how to dance in the rain.” —Vivian Greene

Attitude of Gratitude

The **Attitude of Gratitude** Mindset teaches us to see the positives in every experience and cultivate thankfulness for what we have. Focusing on the good in life will build a strong foundation for happiness and success. Even when we encounter difficult circumstances, we can shift our perspective, learn, and grow. Focusing on gratitude and positivity leaves no room for distractions, resentment, or disappointment.

Treasure Yourself – Recognizing your worth is critical to living an extraordinary life. We are made of far more beautiful things than not. Your uniqueness is what makes you special and appreciated, and it's important to value and cherish it. We create the lives we want by harvesting the greatness within us.

Be More Grateful – Life offers us the choice to focus on the positive or the negative. If we focus on the positive things, they expand and guide us toward our dreams. We must be more grateful. Reflect on the good things in our lives and what's to come as much as possible.

Thank It Forward – One of the best ways to feel better and become happier is to do something for someone else. One of the most powerful things we can do for someone is express gratitude for who they are and what they mean to us. Thanking someone not only feels good but also strengthens our connection.

Elevate Your Perspective – Challenges and adversity often teach us the most important lessons. Knowing this, we understand why seeking the positives from all situations is essential, even those that seem entirely negative. This perspective allows us to turn setbacks into opportunities for growth.

Elevate Your Perspective

Many things happen on any given day that could be perceived as negative. One of the most important things about the **Attitude of Gratitude** Mindset is the belief that the world is conspiring to do you good.

Happy and successful people seek to get something positive from all moments, both positive and negative. When something “bad” happens, try telling yourself, “I can't wait to find out what good will come from this.”

In this exercise, identify three experiences that you perceived as negative, and then ask yourself, “What good can I take from this?” Then, list some positives that can or did come from the perceived negative experience.

Perceived Negative Experience

Elevated Perspective

“A candle loses nothing by lighting another candle.” —James Keller

LIVE TO GIVE



Live to Give

Live to Give is about understanding the importance of serving others while maximizing our potential. When we positively impact others, we feel good and expand our meaning in life. We must find and leverage our unique gifts to positively impact the world, knowing that by doing so, good things will naturally come back to us.

Stretch Yourself – The true essence of giving is not about what we receive in return but about doing what's right. When we use our talents and gifts to the fullest, we can significantly impact the world. We give the most simply by being our best and living our ultimate lives.

Make a Difference – The easiest and quickest way to feel better and become happier is to help someone else. When we do this, we create value in our lives and begin to receive value in return. To expand the flow of abundance in our lives, we must seek ways to make a difference, even in small ways, each day.

Receive Gracefully – It can be challenging to accept help or compliments, but learning to receive gracefully is an essential part of the giving cycle. Recognize that the gifts we receive from others are a source of their joy and fulfillment. Be open to receiving the good things that come your way to allow more gifts to enter your life.

Leave a Legacy – The impact we make in the lives of others lives beyond our time on the planet and transcends us. That's why it's vital to find what we're passionate about and orient our lives around the legacy we want to leave. Being intentional about our legacy provides a blueprint for how we live and interact with people in the world.

My Birthday Speech

Imagine it's the future. Your family, friends, and colleagues are celebrating your 37th, 57th, or 77th birthday, and they're asked to describe the impact you've had on their lives. Your parents and siblings speak. Your spouse and children are asked to speak. Some of your friends speak. What is the story you want them to tell? In one or two sentences, express the story of your life as told by the people you have touched during your life.

Example: Friend – (Your Name Here) is one of the most giving people I have ever met. (Your Name Here) cares so much for others and always does what is best for everyone else.

Parents

Siblings

Children

Friends

Other

THE **TIME** IS NOW

“Don't sit down and wait for the opportunities to come. Get up and make them.”

—MADAME CJ WALKER



The Time is Now

The **Time is Now** Mindset is about recognizing the power of the present moment and taking purposeful action. All the power to create change and make an impact exists right now. We can't change the past, and the future hasn't happened yet, so our path to happiness, fulfillment, and meaning is through the actions we take today toward building the lives of our dreams.

Embrace Every Moment – How we feel in each moment is a measure of our lives. We must squeeze the most out of all experiences and seek moments that create joy, love, and great memories. Even in difficult times, there are opportunities to find meaning and enrich our lives.

Get in the Zone – When we're upset or angry, our actions can often lead to unintended consequences. The key is to recognize when we are out of sorts and take a moment to reset before acting. We will make better decisions and achieve more effective outcomes by getting into a positive state of mind.

Let Yourself Be Vulnerable – Vulnerability is crucial to growing and achieving greatness. Vulnerability is not a weakness; it's a sign of strength and openness. Whether facing a fear, taking a risk, or expressing deep emotions, vulnerability can lead to some of life's greatest moments.

Act with Purpose – While all action is significant, the actions that align with our dreams are the most powerful. They are driven by passion and purpose, making them more meaningful and impactful. Reflect on your actions and ask yourself, "Is this helping to bring me closer to living my dreams?"

Take Action

Throughout this process, you have identified many actions you can take to start down the path to your dreams. Now, it is time to act.

Identify the next steps you will execute to move in the direction of your dreams. The key is to determine how you will get to the next level. What will you do, and how will you hold yourself accountable?

Which dream will you focus on first?

Why is it important to you?

Who will be your accountability partner?

How will you flip the switch to overcome limiting beliefs?

What will be your first step?

How will it impact your future and others?



*Now it's Your Time to
Live Your Dreams*

The Ultimate Life Plan is a living document. As you grow and evolve, so will your plan. Regularly refer back to it for inspiration, reassess your progress, and adjust your path as necessary.

Sustain the MOE-Mentum

Mindsets Over Everything

Here are a few recommendations to continue growing, to go deeper in your practice of the 7 Mindsets, and to have a greater impact on others.

Sign up for the Morning Mindset



Starting each day with a positive and healthy mindset sets the foundation for productivity, success, and a fulfilling day ahead.. Invite your peers and students to sign up as well. The morning mindsets are great conversation starters.

Review Your Life Plan Monthly

The Life Plan is a living document, and to reach our goals and dreams, we must act and adjust along the way. Review your Life Plan frequently to stay focused and aligned with what's most important in your life.

Identify an Accountability Partner

Now that you have learned the 7 Mindsets, one impactful way to sustain the MOE-Mentum is to connect with someone from your dream team who can support you along the way. Share your goals with them and ask them to be an accountability partner—someone who will encourage you, check in on your progress, and help you stay committed when challenges arise. Having the right people in your corner can make all the difference in turning your dreams into reality!

Practice Gratitude Daily

Research shows that practicing gratitude can add seven years to our lives. Daily practice trains our minds to see the abundance life has to offer. Spend a few moments each day and write down everything you're grateful for. Think about everything—from the small things like birds chirping and sunshine to the big things like family, friends, and opportunities. The more you focus on what you're grateful for, the more you'll begin to see just how much good surrounds you every day.

Personal Dream Declaration Statement

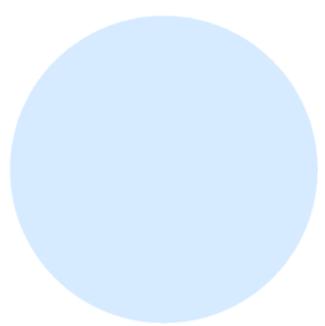
Take a few moments to carefully read the statement below. If you agree, print your name in the provided space and sign and date below.

I, _____, hereby declare that my dreams are precious, that I have the power to make them come true, and that I will allow no one and nothing, including my own self-talk, to ever take my dreams away. Right now I may not know how my dreams will come true, but I will continue to keep a clear vision of what I want and maintain a burning desire to make it happen. I know that if I stay true to my dreams, I will most definitely accomplish them or something even better.

Signature: _____

Date: _____





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