

## Everything Is Possible

### Expanding Student Expectations

The **Everything Is Possible** Mindset teaches that we are all capable of living extraordinary lives. Students learn that everything which exists today was once just an idea until someone believed it was possible and took the actions to make it into reality. This is true with our lives as well – they become, in many ways, whatever we expect them to be.

Throughout the lessons for this mindset, we work with students to help them understand the incredible promise of their lives, and to envision extraordinary happiness, meaning and success on their own terms. We seek to instill the belief that their goals are possible, and to foster the courage, discipline and persistence to act on achieving their dreams.

#### The 4 critical components of Everything Is Possible:

- 1) **Dream Big** – People who achieve the most in life realize that the greatest limitations are those they place on themselves. This applies to success in school, business, fitness, the quality of our relationships, and our impact on the lives of others. Dreaming big is about raising our expectations for our lives, because when we do, the future becomes bigger and brighter.
- 2) **Embrace Creativity** – The only time we are creating new things in life is when we're being imaginative and innovative. If we want new experiences and things we've never had, we must do things we've never done. This could be reading a book to acquire new knowledge, debating a topic with a friend, or trying a new activity. Life can only change and expand through creative action!
- 3) **Think Positive** – People with a brighter outlook on life are not only happier, but also accomplish more. We must believe there is more for us in life, expect good things from others, and find the positives in all situations. These simple acts make us happier in the moment, and the future becomes infinitely brighter.
- 4) **Act and Adjust** – We must act if we want to get results. It is important to plan, but only if the plans drive us to action; if we do not act, nothing will change. The greatest obstacle to taking action is fear of failure, but the most successful people in the world don't see failure, only feedback. Simply learn from mistakes and move forward, because this is the only way to make our dreams into reality. Act on them, and be prepared to adjust.

## Top 5 Dos and Don'ts at Home:

- 1) **Don't** be a dream snatcher. The fact that kids are dreaming is what's important, not the content of their dreams. Resist the urge to give your children reality checks, no matter what their dreams are. Dreams are precious, and they represent the hopes and expectations we have for our lives. *Every dream and positive vision of the future that your children have should be encouraged.* Their dreams will inevitably change, but what matters is that they're dreaming and believing. Constantly push your children to dream bigger, and never be the doubter or pessimist.
- 2) **Do** celebrate and support innovation and creativity in the home. Whether it's through crafts, play or games, seek opportunities for your children to tap into their imaginations and creative capacity. One major concern with access to technology and devices is our children's inability to be bored. Boredom has long been the source of innovation and creativity. Create more space in your child's life and push them to innovate and create. The capacity to use boredom to their advantage will benefit them for the rest of their life.
- 3) **Do** model self-compassion. We are so hard on ourselves. It is very important to recognize that our children will observe our tendencies, how we talk to ourselves and, unfortunately, how unfairly critical of ourselves we can often be. Work on how you view your own efforts, challenges and successes, and consider the self-image you're modeling for your children. Don't forget that they really are more likely to do as we *do*, rather than as we *say*.
- 4) **Don't** foster perfectionism. Perfectionism is a primary cause of anxiety, locking us up and preventing us from taking action due to fear of failure. This is most prevalent in young people living in a world of reality TV and sensationalism. More than ever, they must understand they are human and that mistakes are a healthy part of learning and growing up happy and successful. Let them do their own work, let them make mistakes and let them learn to grow through adversity while they are under your roof.
- 5) **Do** celebrate risk-taking and failure. One great practice at the dinner table is to ask your child what they "failed at that day" or what didn't go very well. Rather than focusing on the mistake or loss, ask them to consider how they can grow from it, what they learned, what new skill could be developed, what relationship would be created or expanded, etc. Congratulate them for trying, and point out that the people who succeed are those who take risks and fail, so your kids are in good company and on their way.

## Activities to Do with Your Child

- 1) Personal Mission Statement – [link](#)
- 2) Defining My Why – [link](#)
- 3) My Dream Statements – [link](#)
- 4) Overcoming My Challenges – [link](#)