

# The Lovelight Stories<sup>®</sup>

## PODCAST

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Ep: 24 | The 7 Mindsets: How to Cultivate a Life of Success and Happiness with Scott Shickler |  
EPISODE TRANSCRIPT

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00:00.92

lovelightstories

Scott I am so excited to have you on the love light stories podcast today we have gone way back and it's fun to reconnect after some time away and um I'm just really excited for everyone to hear from you.

00:13.37

Scott Shickler

Thank you Stephanie it is so great to reconnect congratulations on your continued success and thanks for inviting me on.

00:23.60

lovelightstories

Yes, yes, well I want to dig right in to the evolution story of the 7 mindsets and taking us back to those early moments. Tell us why you began researching to discover what helps people thrive and then how that ultimately led to the 7 mindsets.

00:41.49

Scott Shickler

Yeah, it's a great question. So I've been actually in the in the youth empowerment field for about 30 years and I would say the first fifteen years I was really involved in teaching skillets I was I was working with a primarily inner city youth. And teaching them how to start and run their own businesses entrepreneurship investing investing strategies I was doing that as a way to help them improve their reading writing math communication skills giving them sort of a leg up in life. The goal wasn't so that everyone. Would become an entrepreneur but to sort of use entrepreneurship to help positively influence their lives and and I remember at the time some of the statistics that we were battling in communities. There was high dropout rates. There was a lot of violence unwanted teen pregnancies and in the communities I was working in and these skill set programs were making a difference and and I remember back in the day there were lots of efforts to combat these societal challenges. And I was I was really in involved in trying to be part of the solution and then I'll fast forward about 15 years and and to give you a timeline now. We're probably talking around 2007 2008 and I came across. Um.

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lovelightstories

He.

02:06.10

Scott Shickler

Ah, some articles that were giving me some current statistics and it was like 1 out of 3 kids enrolled in school were either going to drop out or fail out of school and and I thought. I must be reading old data because that's what it was ten fifteen years earlier and with all the resources that people put into this. We can't have the same dropout rates as I remembered and I looked at the data and it was basically the same and I looked at um.

02:24.97

lovelightstories

Um.

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lovelightstories

Um.

02:39.47

Scott Shickler

Ah, violence and I and I and I looked at Statistics on poverty and I looked at all these things and I said like are we not making a dent because it's not like there is a shortage of people who are trying to make a difference in young people's lives.

02:53.70

lovelightstories

Um, yeah.

02:55.23

Scott Shickler

It's not like there's a a shortage of resources financial resources or nonprofit organizations and I just wondered why weren't we making a dent and ah you know I had a very simple question.

03:04.43

lovelightstories

Yeah.

03:10.67

Scott Shickler

Because you and I know happy people right? We know happy and successful people. We also know people who maybe are a little miserable and maybe not living to their potential and I just sort of wondered I Wonder what people who are thriving in life Some of the more happier joy filled successful people I Wonder if they're doing anything.

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I.

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Scott Shickler

Differently than others who are struggling and um I asked my ah but my business partner Jeff Waller if he could go do a Google search and find out what the characteristics of happiness and success are and. And he came back the next day and he said I need a little more time for this project and I said Jeff it's not a project right? Man it's it's a Google search and he said no it goes but at the time we were running a data company says you know data is so pure. And ah and I'm finding conflicting information like 1 expert says good things come to those who wait and another expert says life rewards action. So what is it so I said okay take another day or 2 and he came back and you know all kidding aside he said hey can I borrow Vince for this project and I said it's not a project that.

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E.

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Scott Shickler

Ah, ah, what ultimately happened was I put some resources aside and we took about 10 people and we launched this incredible um project to study what happy and successful people actually have in common and. We ah interviewed 500 amazing people many names that that you and your audience would recognize we deconstructed 200 of the most renowned books on the subject of happiness and success. We studied thousands of people. Um, and we also knew we were not the first to research this so we actually looked at some very prominent existing research studies Napoleon Hill had spent 30 years interviewing some of the most successful business people in the United States ah Dr Martin Seligman had this huge study on global happiness. So we even folded in other research into our research and it it. You know we invested millions of dollars and it took a long time and I can save you and everyone a lot of time and money and just and just kind of cut to the chase. What we discovered sort of surprised us because what we learned is that some of the happiest most successful people in the world. The things that they really didn't have in common I mean it didn't really matter what gender ah you you know you are it. It didn't matter. Um, whether.

05:40.70

lovelightstories

A.

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Scott Shickler

You know how far you went into school. It didn't matter where you lived in the world. It didn't matter whether you came from a loving supportive home or one that was struggling and and perhaps even dysfunctional. It didn't matter whether you grew up um, wealthy or middle class or. Or even poor. You know all of those things were really surface attributes. We could find examples of happiness and success on all sides of those statistics. What the true determinants of of thriving in life were. Was how a person thinks their mindsets and we were able to identify 7 mindsets and it was um, you know at that moment in time Stephanie I said um, you know if we were really scientists like white lab.

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lovelightstories

Um, yeah.

06:52.30

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He.

06:54.78

Scott Shickler

Scientists we would have to move into human phase testing to see if if this really would work and that was sort of the next step that we did.

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lovelightstories

I Think it is so interesting How you highlighted the results of your study surprised you in that it wasn't there circumstances that determined where they ended up in life. It really was mindset and that is so surprising and I can understand that. I Guess regardless of where you are in life if your mindset is such that you believe you can move forward out of whatever circumstances you are in um, that really could lead you to a thriving and successful life and so I want you to help us understand just how big of a role. These mindsets really do play in our ability to find success and even deal with perhaps trauma that we've had in our lives.

00:45.60

Scott Shickler

Yeah, it's ah it's a good question and and maybe even um I can help everyone understand that. Ah we all have mindsets right? and our research though sort of identified that the majority of people are. Inadvertently walking around with what we labeled counter Mindsets and that's sort of part of the part of what we discovered is that people are getting advice from people that that love and care for them.

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lovelightstories

Um.

01:21.18

Scott Shickler

Parents Educators, we're getting advice all the time but imagine for a moment if the advice we're getting that's coming from a loving heart is unintentionally taking us in the opposite direction of how to thrive in life. And that's where these counter mindsets come in and you know maybe I can give you and everyone an example here? Um I'll put you on the spot. But maybe we'll pause and we'll see what what your listeners might say I'm going to ask a few questions and we'll see what you might say and what your listeners might say see if you can finish.

01:51.20

lovelightstories

Ah.

01:56.77

lovelightstories

All right.

01:56.98

Scott Shickler

These sentences. Okay, so here's here's the first one all right? Ah, money doesn't grow on trees and I'm guessing most of your listeners would say that here's another one curiosity killed the yep and how about this one.

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lovelightstories

Um, trees are cat.

02:15.69

Scott Shickler

Don't make the same mistake. Sure right? So these are um, these are what we call memes and they're not like the internet memes that most kids are talking about today. This is a meme is like a thought that enters your brain and when it enters the brain it actually. Ah.

02:16.44

lovelightstories

Twice? yeah.

02:34.30

Scott Shickler

Triggers a response. It's It's something that you've heard before and you sort of have an automatic response just like you did with these because we didn't We haven't talked in a while and we certainly didn't rehearse those questions and and responses Well what we determined is that these are common.

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lovelightstories

Yeah.

02:53.30

Scott Shickler

Sayings that adults come up with to sort of impart knowledge to young people when when their minds are impressionable. Ah, and if you think about some of those things money doesn't grow on trees. Well if you really think about it. What is the meaning. Why do you say that to someone and. I remembered as a father saying that to my two young kids it was usually because we were in like a toy store and they wanted everything they could touch and I said hey guys money doesn't grow on trees. Well we asked we asked ah like 100000 teenagers. What does that mean to you and I can boil their answer down to 1 word.

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lovelightstories

A.

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lovelightstories

Um, 50

03:31.35

Scott Shickler

Scarcity and that's certainly not what I was trying to teach my kids is that there's scarcity in life I don't actually believe that I think that we live in an abundant world and and so but you can see how something gets lost in translation.

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lovelightstories

Um.

03:44.82

lovelightstories

Yeah.

03:46.69

Scott Shickler

Don't make the same mistake twice. Are we saying we shouldn't be curious. Um, ah you know don't make the same mistake twice or a curiosity to kill the cat. Yeah, where you say we shouldn't be curious or don't make the same mistake twice. Ah you know you show me an adult who hasn't made any mistakes. And I'll show you an adult who hasn't achieved much in his or her life mistakes are an integral part of success and and so these counter mindsets often prevent us from stretching ourselves and living our fullest lives once we understand that.

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A.

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Scott Shickler

The real importance of mindsets is to understand that your mindsets matter your mindsets determine the quality of your life and if if you're walking around with counter mindsets and you can replace them with maybe one of these 7 mindsets then. The existing skills that you've already developed and the existing surroundings that you already have things can change for you very quickly in a positive way.

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lovelightstories

Yes, yes, well while we're talking about that. Let's dig into a few of the mindsets which let's see which ones would you like to talk about dream Big Um, everything is possible.

04:58.24

Scott Shickler

Yeah I think why not? Why don't we start with we we I Always like to remind people. We didn't invent the mindsets we sort of uncovered them in studying others and we did label them and we organized them.

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lovelightstories

Um, yeah.

05:14.70

Scott Shickler

Um, in a way that would make it a little easier to explain and help people activate them in their life. So the first mindset is what we labeled everything is possible and the idea is that nothing exists today that didn't once begin as an idea in someone's head and um, you know.

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And.

05:33.96

Scott Shickler

I remember interviewing Richard Branson the famous you know sir Richard Branson the founder of all the companies with ah with Virgin and I remember at the very end of the interview. The last question was if you could live your life over again. Is there anything you would do differently. And he thought about it and first thing he said was ah you know I'd probably start my first business at an earlier age and I said I thought you started your first company at the age of 9 he said very good, very good I said yeah, okay, so what you know what else? What's the second thing you were doing.

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He.

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lovelightstories

I.

06:10.64

Scott Shickler

He said you know he goes if I could live my life over again. What I would do differently is I would dream bigger now Stephanie when I heard him say that there was a part of me that was a little annoyed because here I am talking to someone who's one of the wealthiest people on the planet. 1 of the most successful entrepreneurs at that time he had over two hundred companies he was running. He's also ah, one of the one of the greatest philanthropists he scores off the charts on happiness tests he owned his own private island. And he's telling me if he could do it over and you know and he's got this flowing blonde hair right? and so you know he's telling me if he could live his life over again, he would dream bigger. So I made those notes and the other the other people doing the research had similar experiences with others and then what I realized is. This is really the everything is possible mindset and and maybe um, maybe you'll you'll indulge me and I'm going to ask you to do something I know you've done it before because because we've done this together but maybe your listeners can do it also with either your left or your right hand staying seated or standing wherever you're at.

07:10.49

lovelightstories

Who.

07:21.41

Scott Shickler

If it's safe to do this raise your hand as high as you can your left to your right hand as high as you can all right now. No one's watching you. But if they were is there. Anyone who can get their hand like one inch higher staying seated you know? Well yeah, you did Stephanie.

07:38.50  
lovelightstories  
Yep, yep me.

07:39.54  
Scott Shickler  
Too. And if I said how about one more inch we probably could stretch ourselves one more inch and and that always amazes me because you know I asked you and I asked everyone listening to raise their hand as high as they could the first time and then I said can you get it one inch higher and and almost everybody does that and that's because we don't really understand.

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lovelightstories  
Right.

07:58.13  
Scott Shickler  
Our true potential. We're so used to protecting ourselves from getting hurt physically or mentally that we don't stretch. We don't push ourselves and and that's what Branson was really saying is now that he understands really what it takes to thrive in life.

08:00.34  
lovelightstories  
Um.

08:17.77  
Scott Shickler  
He would dream bigger. He would stretch himself and so my advice to others is whatever goals or dreams you have is there an extra inch or 2 to stretch yourself. Um, you know when you do that statistically you will achieve more but more than anything else.

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E.

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Scott Shickler  
You'll send a dose of those legal drugs rushing through your brain the the dopamine that'll just be like the butterflies in your stomach that make you feel like you're alive. And because you're doing something that you haven't yet done before and you're leaning into the everything as possible mindset so that's that's 1 example, that's what we lead with that. We lead with that by asking young people to to imagine what if they had a magic wand. What would they dream for.

08:54.72  
lovelightstories  
Yes.

09:07.99  
Scott Shickler



If you could remove the barriers and limitations to your thinking what sort of life would you like to live.

00:00.00

Scott Shickler

So you know we ask young people imagine if you had a magic wand. What would you dream for you know what would you dream about how big would your dreams and goals be. It's just a reminder that sometimes we go through life with limiting thoughts. And the mindset about everything is possible is about leaning in to the possibilities and it's what fuels us.

00:26.97

lovelightstories

Yes, and I have to say too as a prior student of the 7 mindsets learning that at such a young age. It had a hugely profound impact on me and I realized that once I believed it and I put into action the mindset of everything is possible. It actually. Showed me further. What else is possible and I it was a self-fulfilling Prophecy that um just sticks with you and so it's just incredible just that mindset on its own and another one of my favorites was live to give and how um. Incredibly blessed and fulfilling your life can be when you truly love to give? Um, but I love all of that. But anyway, um, okay, so can you also just help us understand how you're using your programs to. Increase resilience in young people to overcome their challenges and this may tie back to everything is mine. Everything is possible mindset. Um, but is there anything you want to say there.

01:30.81

Scott Shickler

You know we in many ways we we walk through life with constant reminders that we can't control everything we can't control the weather right? There are bad had air days due to the weather.

01:40.47

lovelightstories

Yeah.

01:48.10

Scott Shickler

We can't control the economy. We can't control what other people say to us or even try to do to us? Um, but we what we can control are how we how we react to these things. Um our mindsets. And and our mindsets are connected to our emotions and our attitudes and those influence our actions and so um, challenging things happen to everyone how we are equipped to deal with them really? ah.

02:14.92

lovelightstories

Yeah.

02:22.64

Scott Shickler

Is connected to our mindsets and so when you talk about resiliency or people that are going through challenges in life. It. It really is um, it's It's an interesting way to to go through life. So. So for example, ah. You know? So if if something bad Happens. It's only human to be disappointed to

ah experience you know pain or or tragedy or trauma if if we don't feel those things we're not human, but then what we do with those feelings.

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E.

03:01.64

Scott Shickler

Um, you know I I often think when something bad happens I start to I start the process of asking questions even questions that I don't know the answers to so for example questions like I wonder what good might.

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lovelightstories

He.

03:19.59

Scott Shickler

Ultimately come from this I Wonder how as a person I might grow from this experience I Look forward to understanding the upside from this situation and. There you know there are experiences and there's ah, there's a concept called Posttraumatic growth and post-traumatic growth means you don't just bounce back to where you were.

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E.

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Scott Shickler

Bouncing back is you have a setback and and and you're able to get back to where you were but Post-traumatic growth is a very hopeful concept that from that experience of trauma. We actually have the opportunity to grow as an individual to grow.

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lovelightstories

Yeah.

04:12.79

Scott Shickler

And we not only just get back to where we were but we get we go even further beyond that.

04:16.51

lovelightstories

Yes, yes I love that that is so powerful and and really the mindsets are equipping us everyone. It's not just young people adults likewise into believing and understanding that for ourselves so that we can bounce back farther than where we. We ended up. Okay, so another thing that I wanted to just bring up and I have to ask if you still do this but when I was a student of the 7 mindsets first being introduced. 1 of the reasons why I even learned about the 7 mindsets was because there's an element of creating a life plan using the mindsets as a backdrop of that. Do you still do that and if you do why Why do you Why do you incorporate the life planning.

05:03.38

Scott Shickler

It's ah it's an integral process that we that we do. It's It's critical because there's a technical term in education that's called radical Self-interest The layperson's term is what's in it for me. People People only learned things that matter to them that you know like if you're in a math class and someone's teaching you some advanced math you want to know how am I going to be able to use this in my life If if you can't use it. You tend not to pay too much attention to it.

05:21.38

lovelightstories

Ah.

05:30.36

lovelightstories

Yeah, yeah.

05:37.62

Scott Shickler

Radical self-interest means just that and so we help young people and adults write life plans because you could be talking to 20 students or 2000 students at the same time and if I say what is your dream it forces them to go inside. And forget for a moment that there's dozens if not hundreds of others around them. The life plan brings a sense of purpose to the questions that you ask. So for example, the second mindset is passion first and life planning questions might be ah. If money didn't matter. How would you spend your time if every job paid the same what job would you want if you could start a business and trends didn't matter what kind of business. Would you start and and and why life's too short to live someone else's dreams.

06:28.18

lovelightstories

Yeah.

06:30.43

Scott Shickler

And and and so the life plan asks questions to help people understand what's authentic to them because as you go through life trying to pursue authentic dreams when you hit roadblocks like we all do.

06:36.50

lovelightstories

Yes.

06:48.80

Scott Shickler

You'll have more resilience to push through to find a way over and under and around and through certain things you you only know that through self-exploration so identifying dreams identifying causes that matter to you.

06:57.94

lovelightstories

Yes.

07:04.29

Scott Shickler

Um, these are important aspects of writing a life plan thinking about who should be on your dream team. The we are connected mindset right? I mean ah people who thrive in life learn to work with others and for others and through others and so identifying who you'd like to have on your dream team and.

07:15.30

lovelightstories

Um, just.

07:23.50

Scott Shickler

I've got a new one Stephanie I don't think I had this when when you and I were working together on this but sometimes I actually ask people to think who they'd like on their daydream team and the the daydream team allows you to.

07:34.68

lovelightstories

Ah.

07:37.49

Scott Shickler

To bring people who might not be physically around you into into your process of you can you can also sort of imagine if this person was on my daydream team Even if they're not even if I don't even know them. But I've read about them I can ask questions like I wonder what advice they would give me.

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lovelightstories

Um, yeah.

07:57.37

Scott Shickler

So you can create really powerful teams to help you grow.

08:03.20

lovelightstories

Wow, yes, and as someone who's experienced this myself I just remember too that writing the life plan was so much more of a powerful exercise when I was learning about the 7 mindset simultaneously and that's essentially um what you help. Young people do and like you said adults as well. Um, and and I have to say that was my first introduction to life planning and I'm still doing it today I've amped it up a bit and and expanded what my process looks like and I just I believe so wholeheartedly in it. Um, and. It's um, a powerful thing. So anyway, thank you for sharing about that and helping us understand that a little bit. Um, okay, how about do you have any stories of students and I know you do have stories so stories that you'd like to share here I'm putting you on the spot. But. Of the impact of the 7 mindsets on their lives and and just help us understand that true power of of these mindsets.

09:06.58

Scott Shickler

What I love about Mindset work in general is that it's fast. It's extremely transformational and it's really really fast I I always joke that if I go to the gym to work out you know and I'm I'm lifting weights and I get that that pump and I go home and I. Strutting around for my wife to notice and I said can you tell where I was and she says no where were I was at the gym. You can't tell and she says you better. Go back I can't tell skillset training takes a long time to see the results mindset training is fast. You feel it immediately and.

09:25.89

lovelightstories

Who. Yeah.

09:44.56

Scott Shickler

And that's why I love when we run programs. We bring students together in a matter of days you see these transformations take place. So when you ask me about stories I remember this one young lady named Marina and she came as a teenager she was from the dominican republic and she came to an event we call it the ultimate life summit. We gather about 100 teenagers from all over the world together usually in Disney World area for a week to teach them the 7 mindsets and they write life plans and and they go home supercharged to make an impact in the world. Ah, but I remember Marina came in. And her mother said um, she's very shy. She doesn't like making eye contact. So please you know Ah, do whatever you can to accommodate her and we let her and she wore sunglasses for several days. She wouldn't look anyone in the eye. Ah, and.

10:43.45

Scott Shickler

Everyone has their own process their own pace by Thursday of of the week we have a talent show and marina who had been working quietly on her own asked if she could participate in the talent show of course of course she could.

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lovelightstories

Fifth.

11:01.28

Scott Shickler

And she goes up on stage and she says I've not taken these sunglasses off in public for over a year but I feel so connected to everyone and she takes off her sunglasses and everyone cheers and applauds and but that's not it.

11:12.42

lovelightstories

Um.

11:18.72

Scott Shickler

Then she says I'd like to sing a song so she she sings a song. Ah, and if that was it I could stop there but here's the thing marina goes back at the end of the week we ask everyone to consider doing a live to give challenge. You mentioned the live to give mindset and it's.

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lovelightstories

A.

11:37.12

lovelightstories

Ah.

11:38.10

Scott Shickler

It's about connecting what your passions are with causes that matter to you and doing something about it in your community and Marina went back home to her community in the Dominican Republic and there was a um, an orphanage ah and the orphanage had just ah lost. The Nun The sister who had been running the Orphan Orphanage she had passed on and the place had kind of um, been become overgrown with Weeds and the the walls needed painting and Marina gathered her friends and her live to give project was to um.

11:58.13

lovelightstories

Um.

12:15.50

Scott Shickler

Was to clean up the orphanage and to teach some of the girls at the orphanage the 7 mindsets and she also contacted Tom's shoes and got new shoes donated for the girls at the orphanage and she did this on her own and.

12:28.22

lovelightstories

She.

12:33.88

Scott Shickler

It's just amazing. There's lots of stories like Marinas but it's it's why my partners and I do what we do because I always like to say when the empowered become the empowerees. The problems of the world slowly start to fade away.

12:35.70

lovelightstories

Yeah.

12:45.30

lovelightstories

Yeah.

12:52.50

Scott Shickler

We can make the biggest difference by reaching the hearts and minds of young people inspiring and empowering them to live their best life and giving them the resources to go back and make a difference in the communities for causes that really matter to them.

13:06.51

lovelightstories

Yeah it's so exciting and I've I've seen students go on and do so many things too even just from my own experiences the friends that I made and like the stories of their lives and where they're at today and. Um, it really is impactful and what I think is so exciting about this is you found something and created this model by which you can replicate and expand across the world essentially and that's what you've done I mean the 7 mindsets have grown exponentially so I would love to transition into. How you're actually implementing the 7 mindsets to impact young people. Um in our country and across the world.

13:45.91

Scott Shickler

Sure. So once we knew that the 7 mindsets were were extremely impactful and we figured out how to teach them to young people and then we figured out how to teach them to educators I thought that there needed to be 2 companies one a for profit business and that's. And that business is called the 7 mindsets and the reason I believe that there should be a for profit is because the for profit gets constant market feedback if if others didn't believe that this would work if they wouldn't write a check to to fund it if they wouldn't refer it to others.

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lovelightstories

He.

14:20.19

Scott Shickler

It tells you things about the quality of of what you're trying to create and um, when there's a for profit element. There's incentives to invest in research and development. So I created the ah the 7 mindsets as a for profit business and that has worked today. The 7 mindsets has reached over five million students in ah every state in the us we have curriculum for students from preschool through Twelfth grade they learn the mindsets as part of their school day. There's over 100000 teachers teaching the 7 mindsets right now as we speak Stephanie. And probably another million and a half to 2000000 students will learn the mindsets in schools today schools and districts. Um acquire a license from the 7 mindsets in order to ah deliver the program and we train them and we provide online resources to do that in in english and spanish.

14:58.11

lovelightstories

Um.

15:17.41

Scott Shickler

It's a phenomenal program with over eighty people working at that company growing that business every day at the same time that I launched 7 mindsets as a for profit I also knew that there were people in the United States and around the world who needed the 7 mindsets. But.

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lovelightstories

Yes.

15:35.93

Scott Shickler

Who were not in a commercial space to be able to acquire them and they also needed to be ah served and so I co-founded with Jeff Waller and a couple of others the magic wand foundation as a nonprofit organization.

15:39.44

lovelightstories

Yeah.

15:55.74

Scott Shickler

And the magic wand foundation continues to this day to provide scholarships to students all over the world to come and learn at the ultimate life summit. We provide a training program for adults. It's like the ultimate life summit for adults. Um, where they come to an event we call the empowering minds conference where the adults learn the mindset so they get supercharged personally and professionally and they get resources to take the mindsets back to their community so they can impact the young people. Ah. Look they're always going to know their students and their community better than we will so what we want to do is inspire and empower them and give them resources to go back to their community and that's what the magic wand foundation does and it's it's serving thousands of ah young people a year and educators a year

16:33.35

lovelightstories

Um, right.

16:49.48

Scott Shickler

And has some wonderful programs.

16:49.97

lovelightstories

Yes, and what I love about the fact that you created 2 entities essentially is that your heart and desire is to reach as many people as you can because this came out of not out of just you are a serial entrepreneur but it didn't come out of this. Um, desire to just grow a company as large as possible. You really want to create um space for for students who um, can't afford and can come come to the ultimate life summit. Um, on a scholarship or even students who um, are going to school and really, you're trying to create that space to reach everyone and what's exciting even more exciting is now that you have the empowering minds conference. You're able to allow those people that come there to be able to bring it back and. Essentially diffuse it into the work. They're already doing and that's even more powerful. Well I shouldn't say more powerful but it's it's edging on this. Um, this new exciting frontier in my mind of of really um, implementing these as many places as possible. So it's really exciting. Um, let's see. Okay, so if you could share some suggestions and techniques that listeners could apply to their lives today so that we can all.

18:13.46

lovelightstories

Become these people walking around with these mindsets.

18:17.81

Scott Shickler

Yeah I I think I'm happy to do that because ah whether someone engages with us directly at 7 mindsets or Magic Wand Foundation these are things that can that that can be implemented in in



anyone's life and and so some of the things I shared with you today just as a quick reminder. I suggest people stretch them stretch themselves. Whatever goals and dreams you have just reach a little higher. Okay, that will help you lean. That's that's using the everything as possible mindset the passion first mindset you know make a list of things that really matter to you.

00:00.00

lovelightstories

So in that light of spreading these mindsets as far as they can go share with us some suggestions that we as listeners can implement in our lives today to really put these mindsets into action.

00:12.21

Scott Shickler

Yeah I think that's a great question because you know whether someone interacts with us at the 7 mindsets company or through magic wand foundation. The mindsets are something that anyone can put into practice in their own lives and I always like to tell people learning the mindsets. Can be eye-opening but living them can be life changing so I'll give ah ah listeners just a couple of suggestions one I'll do a callback to when I said you know, raise your hand one inch higher or two inches higher I really believe that people should look at their goals and their dreams. And see how they can expand them even just a little tiny bit. You'll feel better a little more invigorated and you'll actually accomplish more in your life so that leads into the everything as possible mindset as it relates to passion first. I don't think people should wait to pursue their passions. There's no minimum age to pursue your passions. There's no expiration date on it. There's a great um quote about the 2 greatest days in your life the day you're born and the day you discover why? Passion first is about discovering your why.

01:09.15

lovelightstories

Um.

01:18.23

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E.

01:23.60

Scott Shickler

So I always encourage people to just think about if money didn't matter what would they do for free. What kind of job would they have ah if if they could support if they could wave their magic wand and they could support any cause in the world. What would it be and why that helps you connect with things that are authentic to you and matter to you. Ah, you know one of the mindsets. We didn't talk about is attitude of gratitude and a lot of people understand the concept of a gratitude journal writing things you're grateful for it can actually add 7 years to your life if you put that into practice. So that's ah, that's an easy layup tip. Is people should could just take a moment a day and write something. They're grateful for but let me give you ah a real secret tip here that very few people realize I don't know about you Stephanie but I like to make lists I love making lists I use I make them on my computer. Okay, so.

02:13.85

lovelightstories

Oh yes.

02:17.92

Scott Shickler

I Get a little overboard though sometimes because if I've done something that wasn't on my list I'll write it on the list just to check it off I Love the feeling of of taking it off my list but but here's the challenge with that when we go if you're a list maker and you constantly love checking things off.

02:27.56

lovelightstories

Um.

02:36.61

Scott Shickler

When you check something off where does your attention. Go next you? Yeah yeah, what's left right? and what ends up happening is we fill our days with putting thoughts of what we haven't yet done what we don't yet currently possess and that creates stress.

02:38.47

lovelightstories

To the next thing. Yeah.

02:55.71

Scott Shickler

And anxiety and that's the opposite of what we want to experience So I'm not going to suggest to any list makers that they stop making lists I couldn't do that So That's not my advice but here's what here's a tip that I would suggest and that is when you cross off something from your list pause for a moment. And this is the cool thing about mindset work is no one has to know so you don't have to say this out loud out loud but in your mind just think to yourself I'm so grateful I accomplish that because just take a split second fill your day with gratitude.

03:28.79

lovelightstories

Ah.

03:32.99

Scott Shickler

As you check things off your list, not anxiety and stress about what you haven't yet done So hopefully those are just a few little things that people can put into practice.

03:40.14

lovelightstories

Um, yeah, yeah, celebrating the journey as it's unfolding before you I love that? Okay, so just a few things I'm sure everyone is wondering Scott how. Um, they can stay connected with the 7 mindsets. Maybe even learn more about the magic wand foundation and the ultimate life summit. Um, and for those listening if you don't know you can also donate to the magic wand foundation to help provide these opportunities for students. To come to things like the ultimate life summit for those who can't afford to access these mindsets. Um, so Scott if you could share us where people can go to find that information.

04:20.18

Scott Shickler

Absolutely thank you. So if you're interested in having a program at your school during the typical school day you might want to visit [sevenmindsets dot com](http://sevenmindsets.com) and you can learn all about the 7 mindsets programs and where they're running if ah if if. You are interested in maybe having a student attend the ultimate life summit. It's for teenagers typically ages 15 to 18 it happens once or twice a year or you're an adult and you're interested in learning the mindset so you can bring them back to your community then I suggest you go to [magic. Wandfoundation.org](http://magicwandfoundation.org) and you can learn about those programs so magic wand foundation provides scholarships partial and full for students to attend and we have sponsors that help reduce the tuition for adults to attend the empowering minds conference and of course anyone who would like to join me. Ah, in donating and providing scholarships to others. You can make a donation at [magicwandfoundation.org](http://magicwandfoundation.org)

05:23.99

lovelightstories

Wonderful. Well Scott thank you so much for sharing the so backstory of the 7 mindsets and how they came to be and really how incredibly um, large they have grown it across the world and what you're doing is just. So incredible I've always loved the mindsets and um, it's really fun to just reconnect and share share this with my audience.

05:46.60

Scott Shickler

Thank you so much Stephanie this has really been a ah great use of time being with you and hopefully spreading the good news to others.