

The 35 Growth Planning Mindset & Lifestyle Development Indicators

Throughout the multi-year growth planning process youth measure and openly discuss how well they are actually demonstrating our @risk youth research-based **35 Growth Planning Mindset & Lifestyle Development Indicators** in their everyday life.

- ▶ In Phase One (The Growth Plan Building Phase), they complete a *Growth Planning Mindset & Life-Style Baseline Self-Assessment Form* made up of the 35 Indicators, which they periodically re-take.
- ▶ Then, in Phase Two (The Growth Plan Benchmarking Phase), youth ask observers to give them feedback on the same 35 Indicators using a *Growth Planning Mindset & Lifestyle Line-Of-Sight Assessment Form*. Typically, observers include a parent, teacher or counselor, and another adult who knows them. And, periodically they ask these or other observers to update their feedback by re-taking the Line-Of-Sight Assessment.

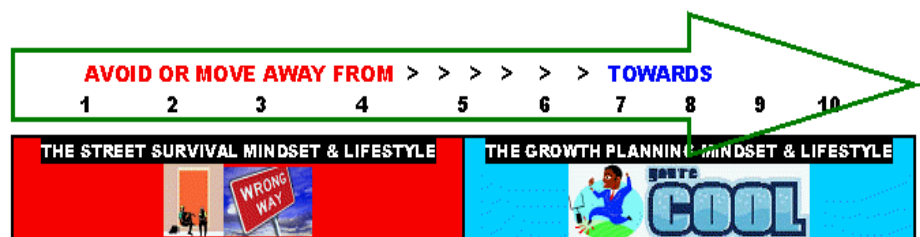
During the Benchmarking Phase youth create, analyze, and set specific personal improvement benchmarks based on an individualized composite priority-ranking of their self-ratings and line-of-sight ratings on the 35 Indicators. Then, in an atmosphere of mutual trust, they openly discuss with their Growth Plan Coaches and others in their group how they can improve their ratings in order to “sur-thrive” (survive & thrive) their teen years and to achieve their Growth Plan vision and goals.

All 35 Indicators shown on the next page are based on extensive @risk urban youth development research. The 35 Indicators are organized in 4 parts:

1. **10 Growth Planning Life-Skills** – that capture our fundamentals of a growth planning mindset & lifestyle
2. **8 Mindset Orientations** – that use a forced-choice between a “street survival” and a growth planning mindset
3. **12 Lifestyle Behaviors** – that use a forced-choice between “street survival” and growth planning behaviors
4. **5 Critical Transition Skills To Young Adulthood** – that re-focus the above 30 Indicators into 5 absolutely critical @risk teen “sur-thrival” skills

Each Indicator helps youth see where they are on a 10-Point Mindset & Lifestyle

Development Continuum that helps them avoid or move from what we call a “street survival” mindset & lifestyle ... towards living their everyday life with what we call a “growth planning” mindset & lifestyle, as graphically illustrated here.



Throughout the multi-year growth planning process, Coaches emphasize that what youth believe *deep down in their mind* about themselves and life in general (that is, their mindset orientation) directly leads to their everyday lifestyle behaviors. So, their life-success *truly* begins ... deep down in their own mind.

THE 35 GROWTH PLANNING MINDSET & LIFESTYLE DEVELOPMENT INDICATORS

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That Are Measured, Analyzed, & Discussed Throughout The Multi-Year Growth Planning Process

The 8 Growth Planning Mindset Orientations

1. **CONTINUOUS GROWTH Mindset Orientation** – I believe my mental abilities (or, intelligences) CAN be developed over time if I have a passion for learning new things and for learning from my mistakes [vs. believing that my mental abilities are fixed and essentially determined at birth.]
2. **FUTURE-ORIENTED Mindset Orientation** – I think mostly about my future life and how I will achieve my current goals [vs. thinking mostly about my present life & how I will overcome my current problems.]
3. **INNER SELF-CONFIDENCE Mindset Orientation** – I am mostly driven by my own inner self-confidence that I WILL overcome any barriers in my way and eventually succeed [vs. being mostly driven by my own fear of failure and of all the barriers in my way.]
4. **LEARNING MOTIVATION Mindset Orientation** – I love learning new things; so I motivate myself to learn [vs. teachers needing to capture my interest and then motivate me to learn.]
5. **OPTIMISTIC & POSITIVE OUTLOOK Mindset Orientation** – I am mostly optimistic & positive about my future life [vs. being mostly cynical & negative about my future life.]
6. **POSITIVE SELF-WORTH Mindset Orientation** – I use my internal positive self-identity and self-worth to help get me through my tough times [vs. allowing self-doubt and constant worry to get me down.]
7. **RESULTS-ORIENTED Mindset Orientation** – I focus on achieving specific, measurable results ... rather than just trying to do my best [vs. just trying to do my best, since that's all that can be expected of me.]
8. **USE OF TEEN YEARS Mindset Orientation** – I see my teen years as a time to really learn & succeed [vs. something just to get through.]

The 12 Growth Planning Lifestyle Behaviors

1. **CAN WAIT FOR THINGS Lifestyle Behavior** – When I *really* want something, I can wait until I work hard enough to get it in the future [vs. wanting things *NOW!!* ... and the quickest & easiest way I can get it.]
2. **GET HELP FROM OTHERS Lifestyle Behavior** – When I need help on something, I proactively ask for it because I am not too proud or too shy to ask for help when I need it [vs. not asking for help because I'm too shy, too proud, or because I don't want to show that I'm stupid.]
3. **INTRINSIC MOTIVATION Lifestyle Behavior** – I am primarily motivated by *inner* pride & personal satisfaction from what I do [vs. primarily motivated by money & *external* rewards for what I do.]
4. **LEARNING & DOING SATISFACTION Lifestyle Behavior** – I gain most of my personal satisfaction from learning new things & being able to actually do them [vs. getting my personal satisfaction from having neat friends, things & experiences.]
5. **PERSONAL POWER Lifestyle Behavior** – I now have the personal power to control the things that can get in the way, so I usually finish the things I start [vs. can't control things that get in the way, so I don't usually finish things I start.]
6. **PRIORITIZE & FOCUS Lifestyle Behavior** – I can prioritize & stay focused on what needs to be done to succeed in my everyday life [vs. can't prioritize & stay focused.]
7. **PROACTIVE Lifestyle Behavior** – I am mostly proactive – planning and then making things actually happen [vs. mostly reactive – laying back & then just going with the flow.]
8. **QUALITY WORK Lifestyle Behavior** – I do things step-by-step, making sure that I do quality work and get things right [vs. just doing things the easiest & quickest way I can.]
9. **SELF-DIRECTED Lifestyle Behavior** – I follow what I (myself) think I should do [vs. following what others (e.g. those I hang around with) think I should do.]
10. **SURROUNDED BY POSITIVE INFLUENCES Lifestyle Behavior** – I choose my friends carefully; so I only hang around with people who are positive influences on me [vs. with people who are negative influences on me.]
11. **WELCOME CHALLENGES Lifestyle Behavior** – I welcome tough challenges & like to learn from my mistakes so I can continually improve myself & achieve my goals [vs. avoiding challenges & covering up my mistakes so people don't think I'm dumb.]
12. **WORK TO BE SEEN AS A WINNER Lifestyle Behavior** – I work hard to be seen as a real winner in life, especially among anyone who can help me achieve my goals [vs. not caring if I am seen as a loser in life.]

The 10 Growth Planning Life-Skills

1. **Impulse Control** – I can use impulse control & delayed gratification in my everyday life.
2. **Whole-Mind Decision-Making** – I can use whole-mind decision-making to make my tough everyday decision.
3. **High-Performance Standards** – I can set & achieve no-excuse high performance standards in my everyday life.
4. **Visioning** – I can use the power of future-imaging (or, visioning) to pull me into my desired future.
5. **Optimistic/Positive Mindset** – I can develop and keep an optimistic & positive mindset.
6. **Hunger, Passion & Purpose** – I can use hunger, passion, and a worthy purpose as motivators in my life.
7. **Brand Identity** – I can build & maintain my own positive brand identity and reputation among my peers & adults around me.
8. **Resilience** – I can learn & bounce back from my inevitable mistakes, failures, and losses in my life.
9. **Support Network** – I can build & use a support network to help me achieve my vision & goals.
10. **Step-by-step Momentum** – I can maintain step-by-step momentum toward achieving my vision & goals.

The 5 Critical Transition Skills To Young Adulthood

1. **Planning Skills** – I can use the 3 skills of visioning, goal-setting, and step-by-step benchmarking to achieve my vision & goals.
2. **Prioritizing & Deciding Skills** – I can prioritize and decide among competing values or possible courses of action in my everyday life.
3. **Everyday Problem-Solving Skills** – I can use a step-by-step process to identify and analyze the key parts of a problem ... and come up with a good solution to it.
4. **Resistance to Peer Pressure Skills** – I can successfully resist strong pressure from my peers and others to do the wrong thing.
5. **Achievement-Centric Communication Skills** – I can read, speak and write effectively so I can successfully perform in a school or work setting where my ability to consistently achieve results is critical to my life-success.