

# **THE ANCHORED MINDSET**

## **TEEN EDITION**

**8-SESSION MINI-COURSE**

*Course Syllabus*

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## **Course Overview**

The Anchored Mindset: Teen Edition Mini-Course is an 8-session journey designed to help teenagers understand how their minds work—and how to make their minds work for them instead of against them.

Based on the book of the same name, this course takes students through a systematic exploration of mindset theory, culminating in the presentation of the Anchored Mindset as a superior framework for thinking, living, and thriving.

## **Course Objectives**

By the end of this course, students will be able to:

- Define what a mindset is and explain why it matters
- Identify the current mental health crisis affecting their generation
- Summarize the top secular mindset theories and their limitations
- Explain what the Anchored Mindset is and why it's superior
- Describe the 7 Movements for obtaining and maintaining an anchored mindset
- Apply anchored thinking to real-life pressures they face

## **Target Audience**

- Ages: 13-18 (middle school through high school)
- Setting: Youth groups, Christian schools, homeschool co-ops, small groups
- Prerequisites: None (though the full book enhances the experience)

## **Course Materials**

- Student Workbook (one per student)
- Facilitator Guide (for the leader)
- Framework Cards (reference cards for key concepts)
- The Anchored Mindset: Teen Edition book (recommended but not required)

## **Session Format**

Each session is designed for 45-60 minutes and includes:

- Opening (5 min): Welcome, recap, and introduction
- Teaching (15-20 min): Core content presentation
- Discussion (15-20 min): Group conversation and questions
- Application (10-15 min): Personal reflection and practical exercises
- Closing (5 min): Key takeaways and preview of next session

## Session Schedule

Session	Title	Topics Covered	Key Scripture
1	<b>Your Operating System</b>	What is a mindset? Why does it matter? Where did yours come from?	Romans 12:2
2	<b>When America Broke</b>	Pete's truck; mental health crisis; teen statistics	Psalm 11:3
3	<b>The Mindset Menu</b>	Top 10 theories; what they get right; what they miss	Colossians 2:8
4	<b>Growth Mindset Limits</b>	Dweck's work; benefits; the ceiling	Ephesians 4:15
5	<b>The Anchored Mindset</b>	Definition; USS Zumwalt; the mind of Christ	1 Corinthians 2:16
6	<b>Why Anchored Wins</b>	8 dimensions of superiority	Colossians 2:6-7
7	<b>Getting Anchored</b>	The 7 Movements: practical steps	Romans 12:2
8	<b>Living Anchored</b>	Daily application; handling pressure; the choice	Matthew 7:24-25

## Detailed Session Outlines

### Session 1: Your Operating System

Book Reference: Introduction + Chapter 1

Key Concept: Everyone has a mindset that shapes everything they think, feel, and do.

#### Teaching Points:

- Definition of mindset: attitudes, beliefs, and assumptions that shape perception
- The 6 areas mindset affects: goals, emotions, relationships, performance, adaptability, satisfaction
- Sources of your current mindset: family, experiences, culture, media, peers
- The good news: mindsets can be changed

#### Discussion Questions:

- If you had to describe your current mindset in 3 words, what would they be?
- Where do you think your mindset came from?
- What would you change about how you think if you could?

### Session 2: When America Broke

Book Reference: Chapter 2

Key Concept: America's collective mindset looked strong but collapsed under pressure.

#### Teaching Points:

- Pete's truck story: looked great, broke under load
- Before vs. after COVID: depression, anxiety, loneliness statistics
- Teen mental health crisis: the numbers are staggering
- "The race to the bottomless"—where things are heading

#### Discussion Questions:

- Have you ever felt fine on the outside while struggling inside?
- What pressures do you think your generation faces that others didn't?
- Why do you think teen mental health has declined so dramatically?

### Session 3: The Mindset Menu

Book Reference: Chapter 3

Key Concept: Many mindset theories exist, each capturing something true—but all are incomplete.

#### Teaching Points:

- Overview of 165 published mindset theories
- Deep dive into Top 10: Growth, Self-Efficacy, EQ, Grit, Mindfulness, Resilience, Flow, Positive Psych, Locus of Control, Cognitive Dissonance
- What they get right vs. what they miss (ultimate questions)

**Discussion Questions:**

- Which of these theories have you heard of? Which are new?
- Which one resonates most with your experience?
- What life questions do none of these theories answer?

**Session 4: Growth Mindset Limits**

Book Reference: Chapter 4

Key Concept: The Growth Mindset is excellent—but it has a ceiling.

**Teaching Points:**

- Fixed vs. Growth Mindset explained
- 6 benefits: embracing challenges, persistence, effort, feedback, learning, motivation
- The limitations: can't tell you what to grow toward or why growth matters
- Transition: there must be something more

**Discussion Questions:**

- Where in your life do you have more of a fixed mindset?
- Where have you seen growth mindset make a difference?
- What would you want to grow toward? Why?

## **Session 5: The Anchored Mindset**

Book Reference: Chapter 5

Key Concept: The Anchored Mindset is a biblical mindset—the mind of Christ.

### **Teaching Points:**

- Redefining "anchored": not stuck, but stable and powerful (USS Zumwalt)
- Definition: a biblical mindset—having the mind of Christ
- The foundation: God as Creator, Christ as Advocate, Spirit as Teacher, Bible as Guidebook
- What this looks like practically

### **Discussion Questions:**

- What's your reaction to the idea of a "biblical mindset"?
- What would change if you had access to real forgiveness, guidance, and hope?
- What questions would you need answered to take this seriously?

## **Session 6: Why Anchored Wins**

Book Reference: Chapter 6

Key Concept: The Anchored Mindset is superior in 8 specific dimensions.

### **Teaching Points:**

- 1. Foundation: Built on God's Word, not shifting research
- 2. Answers: Addresses life's ultimate questions
- 3. Relationship: Divine power, not just willpower
- 4. Mental Health: Real peace, not just coping
- 5. Character: Forged through trials
- 6. Relationships: Forgiveness, community, freedom from approval addiction
- 7. Thinking: Access to divine wisdom
- 8. Practical Living: Clear priorities and decision-making

### **Discussion Questions:**

- Which of these 8 dimensions is most relevant to your life right now?
- Where have you seen secular mindsets fall short?

## **Session 7: Getting Anchored**

Book Reference: Chapter 7

Key Concept: The Anchored Mindset is obtained through 7 specific movements.

### **Teaching Points:**

- Movement 1: The New Birth—where everything begins
- Movement 2: Scripture Saturation—renewing your mind
- Movement 3: Prayer—conversation with God
- Movement 4: Community—you need the church

- Movement 5: Cognitive Discipline—taking thoughts captive
- Movement 6: Daily Practices—habits of the anchored life
- Movement 7: Perseverance—the long obedience

**Discussion Questions:**

- Which movements are you already practicing?
- Which one feels most needed right now?
- What's one concrete step you could take this week?

## **Session 8: Living Anchored**

Book Reference: Chapter 8 + Conclusion

Key Concept: The Anchored Mindset is a daily choice in real-life pressures.

**Teaching Points:**

- Anchored responses to: anxiety, social media, friend drama, school stress, failure, family, uncertainty
- The long game: direction matters more than perfection
- The choice: every morning you decide which mindset to operate from
- Final challenge and commissioning

**Discussion Questions:**

- Which real-life scenario is most relevant to you right now?
- What would change if you responded from an anchored position?
- What's your next step after this course ends?

## **Leader Notes**

### **Creating a Safe Environment**

Teenagers are dealing with real struggles. Create space for honest conversation by:

- Being vulnerable about your own journey (appropriately)
- Not forcing anyone to share who doesn't want to
- Avoiding pat answers to complex questions
- Following up privately with students who seem to be struggling

### **Handling Tough Questions**

Students may push back on the claims in this course. That's healthy. Encourage questions and create space for doubt. Point students to EVIDENCE (the 52-week apologetics curriculum) for deeper investigation of Christianity's truth claims.

### **Follow-Up Resources**

- The Anchored Mindset: Teen Edition (full book)
- EVIDENCE: Why Christians Believe What They Do (52-week curriculum)
- Theo Scout (AI tutor for ongoing questions)
- Anchored-Institute.org (website with additional resources)