

THE ANCHORED MINDSET

TEEN EDITION

STUDENT WORKBOOK

8-Session Mini-Course

Name: _____

Date Started: _____

Session 1: Your Operating System

"Do not be conformed to this world, but be transformed by the renewal of your mind."

— Romans 12:2

Key Concept

Everyone has a mindset—an operating system running in the background, shaping everything you think, feel, and do. You didn't choose it, but you can change it.

My Notes

Reflection Questions

1. If you had to describe your current mindset in 3 words, what would they be?

2. Where do you think your mindset came from? (Family? Friends? Social media? Experiences?)

3. If you could change one thing about how you think, what would it be?

This Week's Challenge

Pay attention to your thoughts for 3 days. Notice: What patterns do you see? What triggers negative thinking? What makes you feel confident or anxious?

Session 2: When America Broke

"When the foundations are being destroyed, what can the righteous do?"
— Psalm 11:3

Key Concept

America's collective mindset looked strong on the outside but collapsed under pressure—like Pete's truck. Teen mental health has reached crisis levels.

My Notes

Reflection Questions

1. Have you ever felt "fine" on the outside while struggling inside? What happened?

2. What pressures does your generation face that previous generations didn't?

3. Why do you think teen mental health has declined so dramatically?

This Week's Challenge

Talk to one trusted adult about something you're actually struggling with. Notice how it feels to be honest.

Session 3: The Mindset Menu

"See to it that no one takes you captive by philosophy and empty deceit."
— Colossians 2:8

Key Concept

Many mindset theories exist (165+!), each capturing something true. But none can answer life's ultimate questions: Why am I here? What happens when I die? Is there hope?

My Notes

Reflection Questions

1. Which of the Top 10 mindset theories have you heard of? Which resonated with you?

2. Have you ever tried to apply any of these concepts? What happened?

3. What life questions do none of these theories seem to answer?

This Week's Challenge

Identify one mindset theory you've unconsciously adopted (maybe from social media or friends). Is it actually helping you?

Session 4: Growth Mindset Limits

"Speaking the truth in love, we are to grow up in every way into him who is the head, into Christ."

— Ephesians 4:15

Key Concept

The Growth Mindset is the best secular option—it's genuinely helpful. But it has a ceiling: it can't tell you what to grow toward or why growth matters ultimately.

My Notes

Reflection Questions

1. Where in your life do you have more of a "fixed" mindset? Where do you think "I just can't"?

2. Where have you seen growth mindset make a real difference?

3. If you could grow in any direction, what would you want to grow toward? Why?

This Week's Challenge

Identify one area where you've had a fixed mindset. Try saying "I can't do this YET" instead of "I can't do this."

Session 5: The Anchored Mindset

"For who has understood the mind of the Lord? But we have the mind of Christ."

— 1 Corinthians 2:16

Key Concept

The Anchored Mindset is a biblical mindset—having the mind of Christ. It's not about being stuck, but being so well-grounded that nothing can shake you.

My Notes

Reflection Questions

1. What's your honest reaction to the idea of a "biblical mindset"?

2. What would change if you had access to real forgiveness, guidance, and hope?

3. What questions would you need answered before you could take this seriously?

This Week's Challenge

Read one chapter of the Gospel of John each day this week. Notice what Jesus says about how to think and live.

Session 6: Why Anchored Wins

"Therefore, as you received Christ Jesus the Lord, so walk in him, rooted and built up in him."

— Colossians 2:6-7

Key Concept

The Anchored Mindset is superior in 8 dimensions: Foundation, Answers, Relationship, Mental Health, Character, Relationships, Thinking, Practical Living.

My Notes

Reflection Questions

1. Which of the 8 dimensions is most relevant to what you're facing right now?

2. Where have you seen secular mindsets fall short in your own experience?

3. What would it look like to have all 8 of these benefits active in your life?

This Week's Challenge

Pick one of the 8 dimensions you need most. Find one Bible verse that addresses it. Memorize it.

Session 7: Getting Anchored

"He who began a good work in you will carry it on to completion."

— **Philippians 1:6**

Key Concept

The Anchored Mindset is obtained through 7 Movements: New Birth, Scripture, Prayer, Community, Cognitive Discipline, Daily Practices, Perseverance.

The 7 Movements — Self Assessment

Rate yourself 1-5 (1=not at all, 5=consistently practicing):

1. New Birth — Have I trusted Christ?	1 2 3 4 5
2. Scripture — Am I reading the Bible regularly?	1 2 3 4 5
3. Prayer — Am I talking to God?	1 2 3 4 5
4. Community — Am I connected to a church/group?	1 2 3 4 5
5. Cognitive Discipline — Am I guarding my thoughts?	1 2 3 4 5
6. Daily Practices — Do I have spiritual habits?	1 2 3 4 5
7. Perseverance — Am I sticking with it long-term?	1 2 3 4 5

1. Which movement do you need to focus on first? Why?

This Week's Challenge

Pick your lowest-rated movement. Take one concrete action this week to strengthen it.

Session 8: Living Anchored

"Everyone who hears these words and puts them into practice is like a wise man who built his house on the rock."

— Matthew 7:24-25

Key Concept

The Anchored Mindset is a daily choice. Every morning you decide which mindset to operate from. The anchor is available—the choice is yours.

My Notes

Reflection Questions

1. Which real-life pressure (anxiety, social media, friends, school, etc.) is most relevant to you right now?

2. What would change if you responded from an anchored position instead of your typical reaction?

3. What's your next step after this course ends?

My Commitment

Having completed this course, I commit to:

Signature: _____ Date: _____

*We have this hope as an anchor for the soul,
firm and secure.*

— Hebrews 6:19

The Anchored Institute
Anchored-Institute.org