

2024
—
2025



2024-2025 Impact Commitment

CHANGING THE WORLD
ONE MINDFUL KID
AT THE TIME



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LETTER FROM OUR FEARLESS LEADER

Dear Esteemed Supporters,

With heartfelt gratitude, I am honored to share this year's **Impact Report**—a reflection of the transformative change made possible through your unwavering support. At **Worthy Beyond Purpose**, your generosity helps us bring mindfulness and emotional awareness into classrooms and community spaces, creating safe havens where children learn to pause, breathe, and discover their own inner strength.

A Year of Mindful Growth

This year has been one of extraordinary growth and healing. Together, we reached **more than 1,500 children** across underserved communities, equipping them with lifelong tools for focus, compassion, and resilience. The results speak for themselves:

- Improved Emotional Regulation: Students engaged in mindfulness practices experienced a **30% reduction in disruptive behaviors** and a **25% rise in positive peer interactions**, leading to calmer, more connected classrooms.
- Enhanced Academic Performance: By cultivating focus and presence, students demonstrated a **15% improvement in grades** across core subjects.
- Reduced Anxiety and Stress: Regular mindfulness practice led to a **40% decrease in anxiety levels**, allowing children to feel more at ease and ready to learn.



Spotlight: A Life Transformed

Meet **Lilyana**, an 8-year-old who once struggled with overwhelming anxiety—impacting her ability to focus, communicate, and even sleep. After just a few weeks in our mindfulness program, something shifted. Through simple yet powerful breathing and grounding tools, Lilyana learned how to calm her mind and regain control. School became a place of growth, not fear. Her newfound confidence inspired her to bring mindfulness home—teaching her mom and younger brother how to breathe through big emotions together.

Lilyana's story reminds us that **mindfulness doesn't just change classrooms—it changes lives**. And it's your support that makes these transformations possible.

With Deep Gratitude

Every moment of calm, every spark of confidence, every ripple of kindness begins with you. Your belief in Worthy Beyond Purpose empowers us to continue expanding our programs, reaching new schools, and nurturing spaces where every child feels seen, valued, and capable.

From the bottom of my heart, thank you for standing beside us in this movement for mindful change. Together, we are not just teaching mindfulness—we're cultivating a generation of compassionate, resilient humans.

With Deepest Gratitude,

Connie Clotworthy
Executive Director
Worthy Beyond Purpose

"If every 8-year-old in the world is taught meditation, we will eliminate violence from the world within one generation"

-The Dalai Lama

WORTHY BEYOND PURPOSE IMPACT COMMITMENT



The Worthy Beyond Purpose (WBP) mindfulness journey begins in the classroom — but its impact extends far beyond it. Through consistent, age-appropriate mindfulness practices, children learn how to pause, regulate their emotions, and make thoughtful choices that carry into their homes, relationships, and communities.

OUR VISION

We envision a world where every child is equipped with the tools to navigate their emotions, make mindful decisions, and respond to life with compassion and confidence.

We strive to foster supportive environments where children develop self-awareness, empathy, and a strong sense of purpose — both in and beyond the classroom.



YOUR GENEROSITY IN ACTION

Your support makes it possible for Worthy Beyond Purpose to bring mindfulness to life through

- 1. Mindfulness Education:** Providing high-quality, developmentally appropriate mindfulness education that equips children with lifelong tools for mental and emotional well-being.
- 2. Empowerment Through Practice:** Teaching practical, accessible techniques children can use in real moments — helping them manage stress, build resilience, and respond with intention.
- 3. Community Engagement:** Creating a supportive network of students, families, educators, and facilitators who grow together and reinforce mindfulness beyond the classroom.
- 4. Continual Growth:** Expanding our reach and refining our programs to ensure we are meeting the evolving needs of the children and communities we serve.

TRANSFORMING LIVES THROUGH YOUR SUPPORT



In the 2024-2025 school year, your generosity made these milestones possible:

Growing Our School Family

Welcomed **two new partner schools**

- St. Matthew's Parish School
- South Ranchito Dual Language Academy

Teaching at a total of 8 schools across Los Angeles - **1500 students.**



Empowering The Girl Scouts

- Hosted **9 mindfulness events** (8 in-person, 1 virtual)
- Girls earned **Mindfulness & Emotions patches**

Tools for calm, confidence, and connection.



A Teacher's Tool Kit

Launched **2 online trainings**

- WBP Facilitators
- Classroom Teachers

Additional trainings in development for parents & individuals.



Wellness for Veterans

Serving **4 Veteran sites**

- Monthly yoga & sound bath sessions
- Spaces for restoration, resilience, and healing



Weekly Free Online Meditations

- Community meditation every Wednesday at 10 AM PT
- Hundreds of adults cultivating calm, clarity, and connection

Building Community

- Hosted **Quarterly BreathWork & SoundBath Events**
- 350+ participants gather for reflection, healing, and connection.

MEASURABLE GROWTH

What Students Are Doing Differently – Right Now.



72% Mindfulness Beyond The Classroom

72% of students use mindfulness tools at home or with friends – showing that calm, awareness, and compassion extend beyond school walls.



85% Reach Change, Felt Daily

85% of students report learning to listen to their bodies and process emotions before they erupt. Nearly half say they get in trouble less since learning mindfulness tools.



TEACHERS OBSERVED:

- Greater emotional maturity and focus during class
- Calmer, more present classrooms immediately following mindfulness lessons



SUSTAINED SCHOOL WIDE GROWTH OVER TIME

Schoolwide Social-Emotional Learning (SEL) Outcomes

Data from SEL Labs across schools partnering with Worthy Beyond Purpose over the past four years.

19% Deeper Empathy & Connection

Students show greater understanding of others, creating more supportive classrooms.

11% Stronger Self-Regulation

Students pause, breathe, and respond with intention during conflict.

9% Growth in Emotional Intelligence

Consistent, schoolwide gains in emotional awareness and regulation.

OUR MINDFUL SCHOOLS



We are grateful to partner with schools and organizations committed to the well-being of children and communities. Together, we are cultivating calmer classrooms and more mindful futures.

Bright Star Schools - Valor Academy Elementary

Citizens of the World Charter Schools - Mar Vista Elementary

Citizens of the World Charter Schools - East Valley Elementary

Citizens of the World Charter Schools - West Valley Elementary

Ecole Claire Fontaine - Abbot Kinney

Ecole Claire Fontaine - Venice

South Ranchito Dual Language Academy - Pico Rivera

Dolores T. Richardson Elementary - Inglewood

JOIN US

Together, we can continue bringing mindfulness, emotional awareness, and calm into the lives of children who need it most.

Your support helps ensure every child has access to tools for confidence, connection, and self-regulation — in school and beyond.

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