

# Mindset Matters: Managing Expectations



“It’s not about being good, it’s about getting better”

*Dr. Heidi Grant*

## EXPECTATIONS

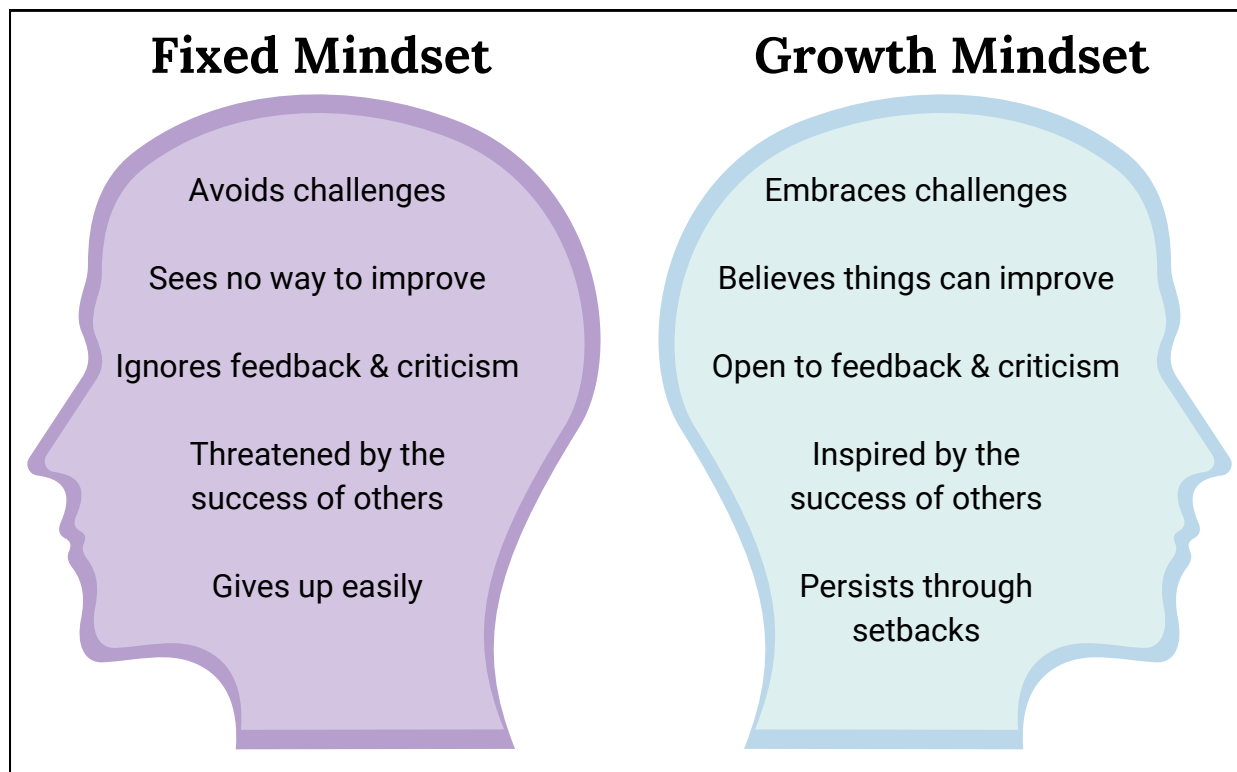
Our hopes and goals for a given activity, experience or potential outcome. These expectations are often shaped by past experiences, current circumstances and/or external influences (family, clinical team, society, etc.).

## HEALTH MINDSET

How we frame our expectations in the context of health management. Our framing often fluctuates between a fixed or growth mindset. In a recent study, having a growth mindset was linked to better glycemic outcomes after transitioning to adult care, suggesting that a growth mindset can be a powerful tool for efforts to improve health in youth with T1D. [Study linking growth mindsets to lower A1Cs.](#)

A **fixed mindset** focuses on the present, where skill levels, habits, and accomplishments are seen as permanent and unchanging. In a fixed mindset, people often compare themselves to others and find difficulty adapting to new challenges.

A **growth mindset** embraces challenges and sees failures or setbacks as a chance to develop oneself further to strengthen our abilities and overcome new challenges.



# Strategies to Develop a Growth Mindset



## NOTICE, THEN SHIFT

The key to changing your mindset is to notice when you're operating with a fixed mindset and then actively work to shift your thinking. This two-stage practice becomes a habit through repetition.

### STEP 1: NOTICE

- How are you FEELING? Anxious, dejected, frustrated, angry, etc.?
- What are you THINKING? 'I'm not good at this, I can't, I'll never...'

### STEP 2: SHIFT

- Focus on Progress
  - Instead of focusing on "Where am I now?", embrace a broader perspective - to ask "Where was I...where am I...where do I want to be?"
- Change your language
  - Focus on using action words such as *improve, become, develop* to focus on growth and moving forward.

## 'YET'

A helpful word to add to self-critical thoughts to ease the shift from a fixed mindset to a growth mindset. Using 'yet' encourages us to reframe obstacles as opportunities, and to identify areas of potential growth.

## MODELLING

As critical role models, it's important for caregivers to let their children see their growth mindset in action. Be honest about something that is difficult for you. Share when you're discouraged and discuss solutions together. Involving youth in this way helps them see the need to work through challenges to make progress.

Fixed Thought	Growth Thought	Strategies
We are not able to able to acheive my child's target A1C.	We are not not able to acheive my child's target A1C <b>YET</b> .	Adding 'yet' to a fixed idea <ul style="list-style-type: none"> <li>• Shifts focus from the present to the future</li> <li>• Frames an obstacle as an opportunity</li> </ul>
I want to have healthy habits.	I will <b>develop</b> healthy habits	Language shift <ul style="list-style-type: none"> <li>• <b>Have</b> is passive</li> <li>• <b>Develop</b> is active</li> </ul>
I should be better at this.	I <b>will improve</b> my diabetes management.	Ignoring 'should' <ul style="list-style-type: none"> <li>• <b>Should</b> compares us to others/external expectations</li> </ul> Being specific <ul style="list-style-type: none"> <li>• Defining goals (ex. <b>diabetes management</b>) helps us plan how to achieve them</li> </ul>