

# Mindset Matters: Worksheet



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

Dr. Heidi Grant

## Steps:

1. Identify a fixed thought you/your child would like to reframe.
2. Type that thought in the left-hand column.
3. Apply the strategies, language, and perspectives discovered during group discussion.
4. Use the right-hand column to re-type the original thought, this time framed with a growth mindset.
5. Repeat this exercise often - either with new or recurring thoughts - to form a habit of growth-minded thinking.

**TIP: Notice when old thoughts creep back up, and Shift to your answers on this worksheet.**

## My Mindset

Fixed Thought	Growth Thought
Ex. I should trust my child to manage their T1D when they're out of the house.	Ex. I <b>will develop</b> trust in my child to manage their T1D when they're out of the house.

## My Child's Mindset

Fixed Thought	Growth Thought
Ex. I'm not able to perform site changes myself.	Ex. I'm not able to perform site changes myself <b>yet</b> .