Mindset, a concept created by Carol Dweck, PhD, refers to whether you **believe the qualities you possess make you capable of handling tough situations.**

When wearing "**fixed mindset**" glasses, you're more likely to believe that you're not able to deal with tough situations or choices. With "**growth mindset**" glasses on, you're better able to envision yourself getting through roadblocks standing in your way.

**So, what is YOUR overall food allergy mindset?**
Directions:
Use the Food Allergy Mindset Venn Diagram as an example as you explore your own food allergy mindset. Then create your own using the space below.

For more information: www.FoodAllergyCounselor.com/blog/category/mindset