

Checklist:

Maintaining a Proactive Mindset.

- ☐ I understand the differences between a Proactive and Reactive mindset
- ☐ I understand the impact of mindset on my/my child's pain
- ☐ I commit to creating a 3:1 ratio for my Proactive to Reactive mindset
- ☐ I commit to a regular practice that will help me to achieve this ratio as a goal
- ☐ I make use of the resources available to me to achieve this goal.
- ☐ I commit to getting additional resources as needed
- ☐ I model a proactive mindset in my own life to help my child
- ☐ I promote a proactive mindset in my child

