

THE POWER OF YET!

Sometimes when we're faced with learning something new and we know it's going to be tricky or challenging our reaction is to say "I don't get it" or "I can't do it." That's your fixed mindset coming out to play. It's preparing you for disappointment and it even stops you from trying sometimes. You might even worry about making mistakes if you do try, then people laughing at you or judging your skills or intelligence. Let's go for growth!



Now, here's the trick. The next time you find something hard (but remember a challenge is good, we want tricky because that's when we grow our brains the most) by adding the word 'YET' to your sentence, "I don't get this yet" or "I can't do this yet" You're no longer saying you'll NEVER be able to do it, you're simply reminding yourself there's more you need to learn to be able to do it. So, the BIG question is..... What are you going to do next? Because if you try on Monday and say you can't do it YET, but then do nothing until you try again on Wednesday, you still won't be able to do it YET?

The POWER is in what you do between attempts? Here's some pointers...

- Think about what I already know that will help me.
- Learn from the mistakes that I make as I go along.
- Focus and take my time to think carefully, try not to get distracted.
- Ask for some feedback, guidance or support, but I don't want the answer, I want to find that out for myself.
- I will believe in myself that I can do hard things.
- I will keep practising until I understand it.



So now you know more about the Power of Yet, let's get creative with your comic strip activity. Think of a character, or even better make it YOU. Now think about something you've found really challenging and couldn't do at the beginning. In your comic strip show what you did to learn your new skills over time. Share your POWER of YET journey with your friends and family.

THE POWER OF YET!

