



The Power of Yet

①

"I DON'T GET IT."
"I CAN'T DO THIS."
"THIS DOESN'T WORK."

②

TAKE A DEEP BREATH. GO
FOR A SHORT STROLL. THEN
ADD "YET" TO THE END OF
YOUR SENTENCE:

③

AS IN:

"I DON'T GET IT...*yet.*"
"I CAN'T DO THIS...*yet.*"
"THIS DOESN'T WORK...*yet.*"

credit: carol dweck

