

15 – 20  
Minute  
Activity For  
Everyone

## YET Statements

Have you ever experienced the feeling of defeat or feeling stuck? These feelings are often linked to not completing a goal or mastering a skill. We know that learning is a long meandering road of mistakes, reflection and growth and we need to train our mindset to encourage patience and appreciation. Here is a simple tool that you and your family can use to foster a growth mindset that focuses on encouraging the power of positive thinking.

### Activity:

- Find a quiet spot, free from interruptions and the distractions from technology.
- Think about a goal you are currently trying to achieve. *This can be anything from refining a skill, learning something new in school, a personal goal, etc.*
- Reflect on your progress with this goal and how you're feeling about achieving it.
- Using a sheet of paper, write your goal anywhere on the page.
- Next, keeping your goal in mind, on the same sheet of paper, write out 3-5 Yet Statements that connect with your goal. Be as specific as possible. *Use the Yet Statement examples to spark your thoughts.*
- Once you have written out your Yet Statements, get creative and decorate your paper.
- When you're finished, put it somewhere that you can see it and easily access it.
- Next time you are working towards your goal or you are feeling stuck, review your Yet Statements to help yourself reset, appreciating your place on your learning path.

### Reflection Questions:

- How did you feel after completing your Yet Statements?
- Can using the word "Yet" have bigger impacts in your life?
- How can you encourage others to use the word 'Yet' in their daily lives?
- Can you think other words that could have a similar impact?

### The Power of YET

When working towards completing a goal or learning a new skill, we are often more focused on the end goal rather than the learning process. Using the word 'Yet' changes the way we express ourselves and can help us focus on all the small accomplishments during the learning process rather than the end result. This mindset is necessary to remain inspired to reach your goal and is a tool that can be used when engaged in any new learning.

### YET Statements – Examples:

- I'm not good at this, YET
- I don't know the answer, YET
- I'm not confident, YET
- I haven't reached my goal, YET
- I'm haven't finished my homework, YET
- I'm not a fast runner, YET
- I can't bake a cake, YET
- I don't understand this, YET
- This doesn't work, YET

### Materials Needed:

- Markers, Paper, Scissors, Coloured Pencils.