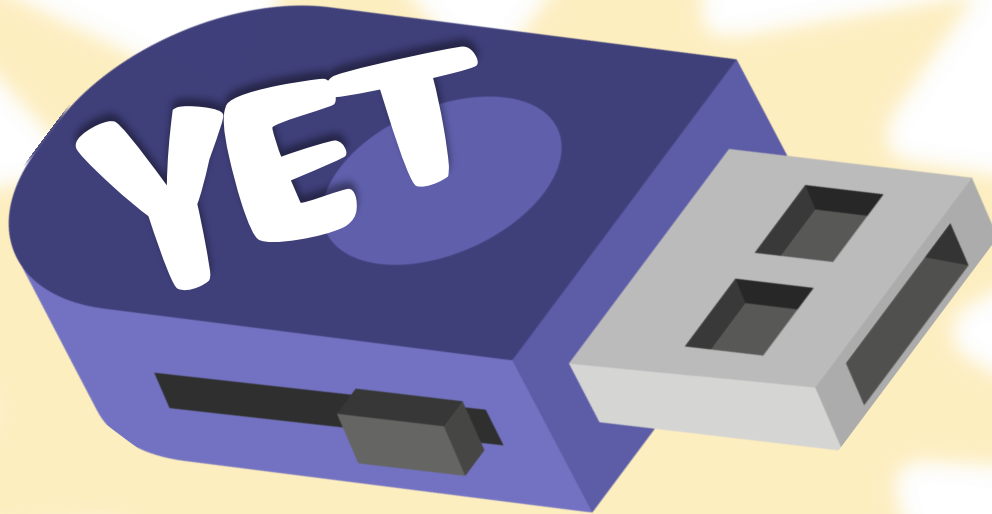


# THE ULTIMATE PLUG-IN

There's nothing more useful in Growth Mindset than keeping YET handy to plug into a situation to build your confidence and help you feel able to get on top of things.



- **It can help you at school or college:**  
“I don’t know how to do this **YET**, but that’s ok ... I’ll learn the information I need and I’ll get there if I keep trying,”
- **It can help you with your foster care placement:**  
“This really doesn’t feel like home **YET** ... but I could talk to my carer about things that’ll make me feel more settled.”
- **It can help when you’re frustrated:**  
“I don’t have a handle on my temper **YET** ... but there are things I can do to calm me down so my emotions don’t get bigger and get me into trouble.”
- **It can help when you really want something :**  
“I can’t afford those trainers **YET** ... but I could ask my carer about getting a job so I can pay for them by myself.”
- **It can help you stop doing something you don’t want to do:**  
It’s ok if I’ve slipped up this time, I’m trying really hard and I’m going to keep on trying ... I’ll get there, I just haven’t got there **YET**.