



## WAY LIGHT

When you feel stuck in the dark, make sure to use YET to help you feel confident moving forward. You might not be there YET, but you will if you keep trying.

Learning to use YET in your everyday thinking helps reduce pressure and anxiety and can stop you from feeling overwhelmed.



- Using YET is a key Growth Mindset tool to help you to change how you feel about keeping trying when things seem difficult.
- Everyone has road-blocks of one kind or another that affect them achieving their goals, but if you can change, "I can't do it." to, "I can't do it YET, but I will if I keep trying." you take back your power to succeed through effort and determination.

