The Power of Yet

Goals and Motivation: Seeing Skills as Still Growing

The power of yet is the idea that "I can't do this" becomes "I can't do this yet" with one small word. Psychologist Carol Dweck, who studies growth mindset, shared the idea in a 2014 TEDx talk. The word yet reminds you that a skill you do not have today is one you are still building. This worksheet helps you use it for something you are working on.

1 Proof that yet works

Everything you can do now was once something you could not do yet, like reading, riding a bike, or a skill at work. Write down a few, and what helped you learn them.

Something I once couldn't do	What helped me learn it
Drive a car	*Lots of practice with my aunt, and a few scary mistakes in the parking lot*

Why does this work? *Dweck's research found that people who believe their abilities can grow tend to keep trying after setbacks and look for new strategies. Yet keeps that belief in view. Later studies found that short mindset lessons have small effects on their own, so yet works best alongside real practice and good help.*

2 My yet list

Write things you can't do yet but would like to. For each one, add one small step and a person or resource that could help.

I can't … yet	One small step	Who or what could help
I can't speak up in meetings yet.	*Share one comment in Monday's meeting.*	*My coworker who runs the meeting*

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*

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3 Talk to yourself with yet

When you get stuck, the words you use with yourself matter. Read the examples, then write some of your own stuck thoughts and rewrite them.

Stuck thought	With yet
I'm bad at math.	*I don't understand this kind of problem yet.*
I'll never be good at this.	*I'm not as good as I want to be yet, and I'm getting better.*

4 Track one yet

The skill I am working on:

Week	What I practiced	What got a little easier
1		
2		
3		
4		

Looking back after four weeks, what has changed?

If you are using this with a child, praise the effort and strategies they use, not how smart they are. Saying "You kept trying different ways" helps more than "You're so smart."

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