

The Power of “Yet”

Fast Skills Exercise for *Growth Mindset with Dr. Rob Fazio*

We build our own growth mindsets by noticing when we tell ourselves “I can’t do that” and reframing it as “I haven’t learned how to do that yet.”

Self-Limiting Beliefs showing a Fixed Mindset	Self-Advancing Beliefs Using Growth Mindset
I am not good at finance so could not grow into an operational role.	I have not really focused on building my financial acumen yet.
I am not a good public speaker.	I have not yet mastered public speaking, but there are people I admire who do it well, and perhaps they could teach me a thing or two.
I am a bad runner.	I have not yet made a sustained effort to build my skill and stamina as a runner.