MINDSET MINUTE

THE POWER OF YET

SUMMER CHALLENGE: "NOT YET" BOARD/JOURNAL

Over the summer, we challenged ourselves to create our "NOT YET" board or journal. As we start the new school year, we want to expand "The Power of Yet for our Mental Well-Being"!

EXAMPLES

"*I can't handle this.*" =
"I'm struggling with this right now, and I'm going to ask for help."
"*I'm not good and handling all this stress.*" =
"I'm learning strategies that help manage my stress."
"*Things are never going to get better.*" =
"I may not recognize my next step yet, and I can take it with a friend."

Which books are you reading as the school year starts? What podcasts are you enjoying? Do you have any other growth activities you're planning? Keep us posted! We *love to follow your progress and learn with you.*



Asking for help is a strength (and part of growing). Focus on these types of questions:

- "What is one small step I can take?"
- "What support do I need to grow through this?"
- "Who can I talk to?"

Oftentimes when we face challenges we focus on what is wrong. A growth mindset can help us ask the following:

- What can I learn?
- What can I try?
- Who can support me?

Sometimes the strongest step is reaching out, setting a boundary, resting, or seeking professional support.