

# The Magic of Yet



How can I think so that I help and encourage myself?

Write some ways of changing your thinking here...

Instead of...	I could say...
I'm going to stop trying.	
I can't do this.	
That'll do, I don't need to do any more.	
This is too hard and I'll never be able to do it.	
She is far better than me at this.	
I made a mistake so that's it, I've failed.	