

the power of yet and what if

mumshine



active exercise



individual

Our mindset and how we see things, directly impacts our mental health and outcomes. Sometimes it can feel hard to be positive. “what if” and “yet” are two powerful phrases you can easily add into your inner dialogue to help tame negative thoughts and open yourself up to a more positive outlook.

The power of 'yet'



Carol Dweck has completed numerous studies into what is called the ‘growth mindset’. People who believe that all skills and attributes can be learned with time and patience are significantly more likely to achieve their objectives. By putting the word ‘yet’ at the end of sentences when we look at our skills we can focus on the opportunity and possibility of growth. We go from failure to mastery.

think about something you want to learn or feel you are not good at and complete this sentence... i am not good at _____

Reflect – how does this make you feel. Do you feel there is hope or do you feel limited?

Now add the word ‘yet’ at the end of the sentence. How do you feel? What is one thing you can do right now to help yourself get better at this? Do it, then do it again tomorrow. Celebrate the small wins!

The power of 'what if?'



Often worries, nervousness, doubts and anxious thoughts come from a place of worrying about the future and trying to anticipate what might happen. This voice is often negative and dwells on what could go wrong, tells you to not even try and tries to limit possibilities.

Asking yourself ‘what if’ this didn’t happen or ‘what if it went well, ‘what if’ i did succeed, allows you to imagine different possibilities.

think about what the voice is telling you may go wrong and write it down.

Now think about the opposite and put ‘what if’ in the front. Spend some time here thinking about what that could look and feel like, what the benefits may be. Then challenge yourself to think even more optimistically about ‘what ifs’ and find another. Keep going bigger and bigger until you can think of the biggest benefit possible, how does this compare to what could go wrong? How does this change the voice, change how you feel?