

ONLY A MOMENT AWAY - Have We Grown Yet?

The "power of yet" is a simple but incredibly powerful concept at the core of a growth mindset, popularised by Stanford psychologist Dr. Carol Dweck. It's a verbal tool that fundamentally shifts a statement of limitation into a statement of possibility.

The Essence of the "Power of Yet"

The concept is best understood by looking at the difference between a fixed mindset and a growth mindset in practice.

- **Fixed Mindset:** When faced with a challenge, someone with a fixed mindset might say, "I can't do this." This is a statement of finality. It implies that their ability is a static, unchangeable trait, and the current inability is a permanent state.
- **Growth Mindset:** By simply adding the word "yet" to the end of that statement, the meaning is completely transformed: "I can't do this, **yet**."

This single word changes everything. It reframes the situation from a dead end to a temporary roadblock. It signals that:

- **Learning is a process:** It acknowledges that while you may not have the necessary skill or knowledge *right now*, it's something you can acquire over time.
- **Effort is meaningful:** It validates the belief that hard work and perseverance will lead to success in the future.
- **Hope is alive:** It provides a path forward, a sense of a learning curve rather than a point of failure.

Why "Yet" Is So Powerful

The "power of yet" is not just a feel-good phrase; it has a profound effect on our psychology and behaviour:

1. **It Promotes Resilience:** When you see a setback as a "not yet" moment, you are less likely to be overwhelmed by discouragement. It encourages you to stay engaged, to try new strategies, and to persist in the face of difficulty.
2. **It Replaces Judgment with Curiosity:** A fixed mindset often leads to self-judgment and shame. The "power of yet" shifts the focus to curiosity. Instead of asking, "Why am I so bad at this?", you're prompted to ask, "What do I need to learn or do differently to get there?"
3. **It Creates a Future-Oriented Mindset:** "Yet" gives you a future to look forward to. It moves the focus away from a past or present failure and places it on a future of potential achievement.

This small word is a key to unlocking the benefits of a growth mindset. By teaching yourself and others to use "yet", you are teaching a habit of mind that embraces challenges, values effort, and believes in the infinite potential for growth.