



Negative Self Talk and The Power of “Yet”

Directions:

1. In the left column (**Can't Do**), write down the things you constantly tell yourself you can't do.
2. In the right column (**Can't Do Yet**), rewrite the statement with “yet” at the end, **or**
3. You could rewrite your can't do statement to state you can do it.

My Can't Do Statements	My Can't Do Yet Statements