

Activity Sheet - 4F: THE POWER OF YET

Name _____ Date _____

**Write your ideas and responses on the lines.
Then write your positive self-talk statements in the shapes below.**

I can't do this: _____ ...YET.

My goal is to _____.

It is important to me because _____

I can take these steps to reach my goal:

1. _____

2. _____

3. _____

I believe in myself! Here are some positive statements I can tell myself:

The complex block contains several shapes for writing: an orange rounded rectangle, a green rounded rectangle, a red rounded rectangle, a light blue rounded rectangle, a purple circle, a blue cloud-like thought bubble, a green starburst, and an orange starburst. A thumbs up icon is located at the bottom left. A red circle at the bottom center contains the text "I BELIEVE IN MYSELF".