

The Power of YES

How a simple word propels you forward, builds your confidence and pays it forward.

In life, you are often faced with decisions that have the potential to shape your future. These decisions are often intimidating, filled with uncertainty and self-doubt. You may hesitate, question your abilities and fear~~ing~~ the unknown. There is the power of **YET** to make you believe you can.

What if, you also embraced the Power of **YES**?

Saying "yes" is a transformative force in our lives. It propels you forward, opens doors to new opportunities, and instils a sense of confidence that propels you to reach greater heights. By saying "yes," you acknowledge your potential, embrace challenges, and step outside your comfort zone.

The Power of YES is closely intertwined with the 3 P's: *Prepare, Participate, and Be Present*. Let's explore how saying "yes" aligns with these principles and how it inspires you to overcome obstacles, develop resilience, and pay it forward.

Prepare: When you say "yes", you are acknowledging your readiness to take on new experiences. You prepare yourself mentally, emotionally, and intellectually for the challenges that lie ahead. You equip yourself with the knowledge, skills, and resources necessary to succeed. By saying "yes" to preparation, you become proactive in your growth and development.

Imagine you are presented with an opportunity to lead a project. The imposter syndrome voice might tell you that you are not experienced enough (you know you are not experienced enough yet), but the little voice still tries to convince you that you are not capable of handling such responsibility. By embracing the Power of **YET and now also YES**, you acknowledge that you may not have all the answers yet, but you have the capacity to learn and grow. You say "yes" to the opportunity, and you immerse yourself in preparation. You research, seek guidance, and acquire the skills necessary to excel in your new role.

Participate: Saying "yes" is an invitation to fully engage in life. It is an affirmation of your willingness to participate, to be actively involved in opportunities that come your way. By saying "yes," you become an active contributor rather than a passive observer. You seize the moment, embrace the challenge, and become an agent of change.

The Power of YES compels you to actively participate. You step forward, ready to take on responsibilities and make a meaningful impact. By participating wholeheartedly, you not only build confidence in yourself but also inspire others to do the same.

Be Present: The Power of YES encourages you to be present in the here and now. It reminds you to focus on the present moment. By saying "yes" to the present, you cultivate mindfulness, resilience, and a deep appreciation for the journey. By being present, you embrace the growth mindset, tap into your inner strength,

adapt to changing circumstances, and navigate through difficulties with grace and resilience.

The Power of YES not only propels you forward and builds your confidence but also calls you to pay it forward. When you say "yes" to opportunities, you create a ripple effect that extends beyond yourself. By demonstrating your courage and commitment, you become a catalyst for change and inspire those around us to step out of their comfort zones. By paying it forward, we create a supportive and empowering environment where everyone can flourish.

Imagine the impact of a community where everyone says "yes" to mentoring aspiring people and sharing their knowledge and experiences. By paying it forward, you create a network of support, guidance, and encouragement. You uplift and empower others, nurturing a generation of confident and capable people who will continue to pay it forward in their own way.

The Power of YES is a mindset that embraces the possibilities of life. It is an invitation to step into the unknown with courage and determination.

Dear friend, embrace the power of yes.

Say "yes" to opportunities that come your way, even if you don't feel ready (yet). Say "yes" to preparation, participation, and being present. Believe in your abilities and your capacity to learn and grow. Trust that by saying "yes," you are taking a step towards your fulfilled future.

The 'Power of YES' together with the 'Power of YET' - a force that propels you forward, builds your confidence, and creates a ripple effect of empowerment.

Say **YES** with all your heart - ignite your passion and unlock your true potential.

A handwritten signature in dark ink that reads "Amelia." with a small underline under the name.

Amelia Beattie

The Power of the 3 Y's...2 of 3 | shared in July 2023

If you missed the Power of Yet, it is on the next page.

The Power of YET

How a simple word can change imposter syndrome into a growth mindset.

As a woman working in business, you may have experienced feelings of self-doubt, inadequacy, and the fear of being exposed as not having all the answers. These feelings are often associated with what is known as "imposter syndrome," which can hold you back from achieving your goals and reaching your full potential – it can hold you back from believing in yourself.

But what if I told you that there is a way to counter these feelings of self-doubt and take control of your career? What if I told you that the antidote to imposter syndrome is a growth mindset? By adopting a growth mindset, you can recognise that your abilities and intelligence can be developed through focus, positive language, dedication, and persistence.

The voice of imposter syndrome in your head (often put there by those who doubt you) may tell you that you are not good enough, that you don't have the skills or knowledge to succeed. However, the voice of the growth mindset says, "I am growing and haven't fully mastered it, **yet**." Adding the word "yet" to your vocabulary can be a powerful tool in overcoming imposter syndrome. It acknowledges that you may not have all the answers or skills right now, but you are capable of learning and growing all the time.

For example, if you have a fear of public speaking, the imposter syndrome voice might say, "I'm not a good speaker. I can't give a presentation." But the growth mindset voice says, "I'm not an excellent speaker yet. But with practice and preparation, I am improving my skills and becoming a confident speaker."

The key to adopting a growth mindset is to focus on the process of learning and growth rather than the outcome, and to think of yourself being in the present. Instead of believing that your abilities and intelligence are fixed, a growth mindset acknowledges that you are developing and improving all the time. This mindset empowers you to take risks, learn from failures, and embrace challenges as opportunities to grow.

To give yourself the best chance of success for the "yet," I invite you to embrace the 3P's: Prepare, Participate, and Be Present.

Prepare: Preparation is key to building confidence and overcoming imposter syndrome. Whether it's a presentation, a meeting, or a project, take the time to research, practice, and rehearse. Break down the task into smaller, manageable steps and focus on making progress rather than achieving perfection.

Participate: Don't shy away from opportunities to speak, learn, and grow. Participate in meetings, workshops, conferences, and networking events. Surround yourself with people who support and encourage your growth and seek out mentors who can provide guidance and feedback.

Be Present: When you are in a meeting, be present. Don't let your mind wander elsewhere. Instead, focus on the task at hand and trust in your ability to contribute, learn and grow all the time.

Remember, the journey towards success is not a straight line – it has meaningful twists and turns. There will be big and small wins and successes, and setbacks and challenges along the way, but a growth mindset can help you embrace these to achieve your goals. By embracing the power of "yet," you can take control of your growth and your future to realise your full potential and make a meaningful contribution to society.

Dear friend in business,

You are overcoming imposter syndrome and achieving your goals. By adopting a growth mindset and embracing the power of "yet," you are developing your skills and intelligence over time. Use the 3P's to be ready for the "yet" and take control of where you are going.

Remember, you are already achieving great things, so don't let anything hold you back. The best is yet to come – I am so proud of being part of experiencing the difference you are making to the wider community you serve.

A handwritten signature in dark blue ink that reads "Amelia." The signature is written in a cursive, flowing style with a small underline at the end.

Amelia Beattie

The Power of the 3 Y's...2 of 3 | shared in June 2023