

Turning “Yes, but...” into “Yes, and.....”

- 1) Choose a Career or Job Objective: _____
- 2) List all the “Yes, buts” you can think of: possible obstacles, roadblocks or problems that may keep you from reaching your goal.
- 3) Reframe each “Yes, but” into “Yes, and”

Yes, but

Yes, but I have no experience

Yes, but it doesn't pay enough

Yes, but no one will hire me for that

Yes, but I don't know what's required

Yes, but.....

Yes, and

Yes, and I will take an entry position

Yes, and I can take a second job

Yes, and I can apply to find out

Yes, and I can ask my contacts

Yes, and.....
