

Everyone has three main voices:*

- ▶ The **YES** voice.
- ▶ The *I DON'T KNOW* voice.
- ▶ The **NO** voice.

The different voices speak to you
in typical ways:

'YES' VOICE	<i>'I DON'T KNOW' VOICE</i>	'NO' VOICE
I can do it.	<i>Maybe I'll get it done.</i>	I can't do it.
I have the necessary abilities.	<i>I'm not sure if I can.</i>	I'm no good.
I can get help from somebody.	<i>I'll wait till someone asks me.</i>	I'm dumb.
I'll do it now.	<i>I'll do it later.</i>	It's your fault.
This is a challenge.	<i>This is boring.</i>	This is useless.
There's always an alternative.	<i>I've got an excuse.</i>	It's too hard.
		I'm too little.
		Who cares, anyway?

*based on conversations with Glenn Capelli of the True Learning Centre, Perth, Australia

Many people use their **NO** voice most often
and their **YES** voice least, especially
when talking about school stuff. But –

V.I.P.
Very Important Point
Your brain listens to you.
What you *say* changes
how you *think*.

*And what you think changes how you
act – (Self **SMARTS** in action!)*

*That's amazing!
Words are really
powerful!*

If you tell yourself you can't understand algebra...you're probably right.

But (put your **Word SMARTS** to work) if you tell yourself, "*It'll be tough, but I can probably, someday) understand Algebra,*" you'll be more likely to stick with it, and chances

Are you'll surprise yourself and actually get it.

*But I **DON'T** understand it!*

Don't be your own worst enemy. Maybe you don't understand...but maybe you just made a mistake (or two or ten).

HOT TIP

Mistakes are just lumpy pancakes – maybe not perfect, but edible, not irretrievable disasters.