Everyone has three main voices:*

► The **YES** voice.

► The *I DON'T KNOW* voice.

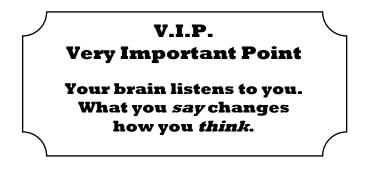
► The **NO** voice.

The different voices speak to you in typical ways:

'YES' VOICE	`I DON'T KNOW' VOICE	'NO' VOICE
l can do it.	Maybe I'll get	l can't do it.
I have the	it done.	l'm no good.
necessary abilities.	l'm not sure if l can.	l'm dumb.
l can get help from	l'll wait till	lt's your fault.
somebody.	someone asks me.	This is useless.
I'll do it now.		4501055.
This is a	l'll do it later.	lt's too hard.
challenge.	This is boring.	I'm too little.
There's always an alternative .	l've got an excuse.	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 –



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

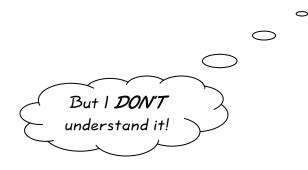
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That's amazing! Words are really powerful!

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.



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.