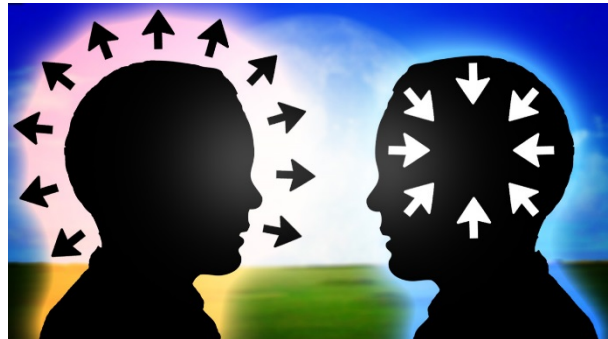


## The Voices Inside You

Every human being lives in two worlds—an inner world and an outer world. Your inner world is filled with your thoughts and feelings. Your outer world is filled with the people you know, the places you spend your time, and the world around you.



In our inner world, we each have three internal voices—the YES voice, the NO voice, and the I DON'T KNOW voice.

In our inner world, the voices can either help us to get better at the things we want to do, or hold us back.

Being a good learner is about the language you use when you talk to yourself.

Being a positive learner is all about the inner voices that tell you how you're doing and what you should be thinking and feeling.

There's no denying your inner voice is powerful.

But the great news is that our inner voice can be programmed to talk to us in ways that will make us stronger and better at we want to do and what we need to learn.

In class we will practice ways to program our inner voice so that it isn't holding you back and making you unhappy, but is helping you be the best you you can be, both in school and outside of school.