

Do you Talk to Yourself?

Be a master of your own learning. Don't be a victim of your own bad habits. If you talk to yourself and to others like you are a victim of circumstance, you will never change the things you don't like or learn the things you want to learn.

These are all
victim
phrases,
which
should
never come
out of your
mouth or
even go
through
your mind.

- *There's nothing I can do;*
- *That's just the way I am;*
- *I have to do that;*
- *I can't*

**Instead,
use:**

- *OK, what are my alternatives?*
- *How do I solve this problem?;*
- *I can choose a different approach;*
- *I can control my reaction to this if I want to;*
- *I can't do this YET, but I will learn.*
- *I can't do this because I don't want to learn how to do it.*