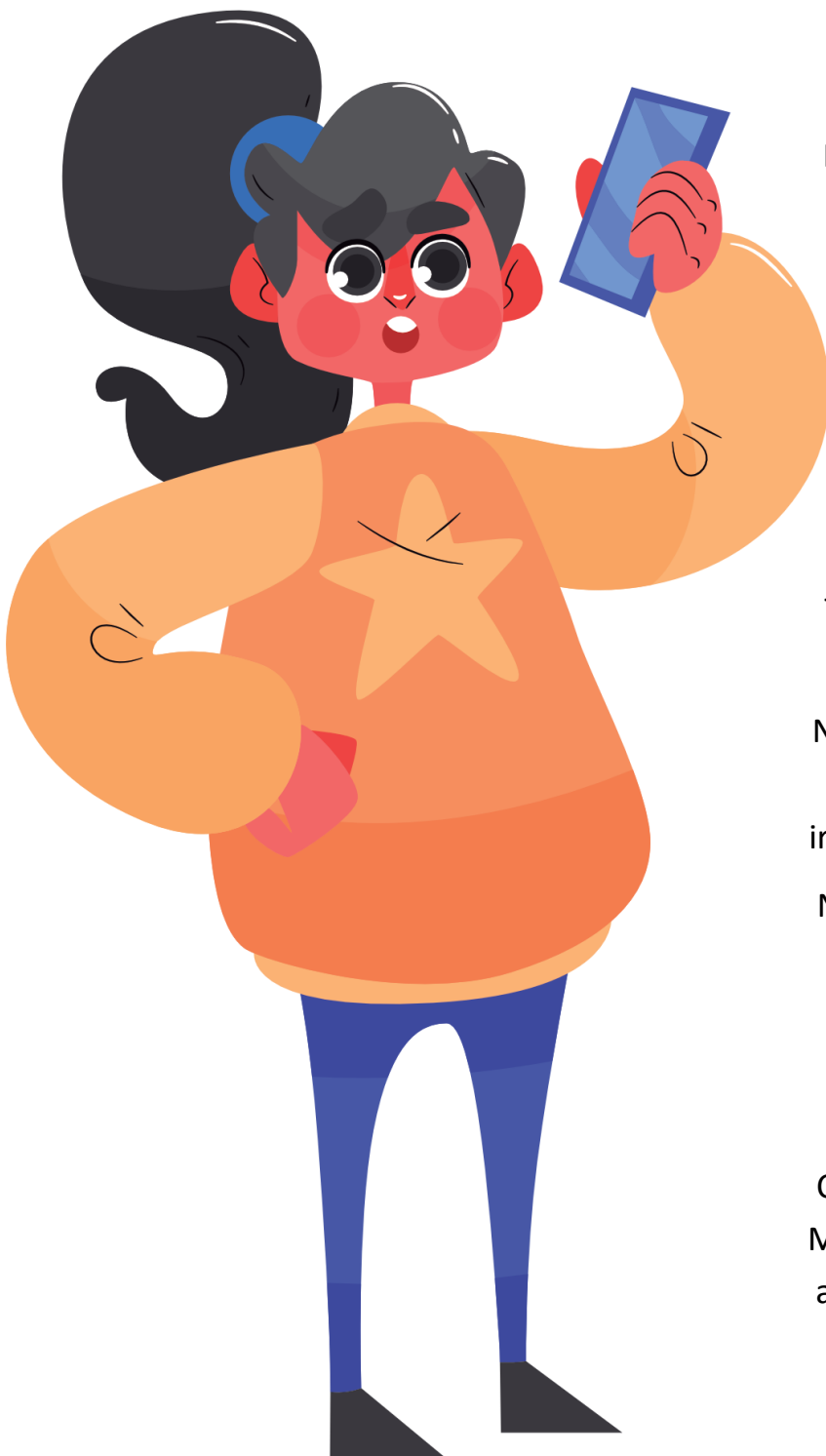


# NAME IT AND TAME IT

Everyone has a little inner voice inside their mind that can sometimes rear it's ugly head to make you feel rubbish when things aren't going your way or that picks at you to bring you down when things have gone right.

To help you to encourage it to speak up with more of a Growth Mindset, you need to consciously train it until your brain is able to jump in on it's own.



It makes it much easier to stop the Fixed Mindset negative voice in your head if you picture it as someone you have little respect for and actively dislike.

Can you think of someone from TV or social media who you immediately scroll past as they're really annoying and irritating? ...

Think about how you felt when they were at their worst and double it!!

Name the negative voice in your head as that person, with all the irritation that you were able to create.

Next time the voice tries to bring you down tell it to get lost ...  
are you going to give anything it says any weight?

Correct your inner voice with Growth Mindset thinking, your brain will listen and learn as it's much more valuable.