EXERCISE 1: LANGUAGE & CHOICES

Save Print

YOUR CHOICES: SUCCESS OR STRUGGLE?

SUCCESSFUL STUDENTS	STRUGGLING STUDENTS
Accept personal responsibility See themselves as the primary cause of their outcomes and experiences.	**See themselves as victims** Believe that what happens to them is detirmened primarily by external forces like fate, luck, and powerful others.
Discover self-motivation Find purpose in their lives by discovering personally meaningful goals and dreams.	**Have difficulty sustaining motivation** Often feel depressed, frustrated, and/or resentful about a lack of direction in their lives.
Master self-management Consistently plan and take purposeful actions in pursuit of their goals and dreams.	**Seldom identify specific actions needed to accomplish a desired outcome** When they do, they tend to procrastinate.
Employ interdependence Build mutually supportive relationships that help them (and others) acheive their dreams and goals.	**Are solitary** Seldom request and even reject offers of assistance from those who could help.
Gain self-awareness Consciously employ behaviors, beliefs, and attitudes that keep them on course.	**Are not thoughtful about making choices** Directed by self-sabotaging habits and outdated life scripts.
Adopt lifelong learning Find valuable lessons and wisdom in nearly every experience they have.	**Resist learning new ideas and skills** Views learning as fearful or boring rather than as exciting and beneficial.
Develop emotional intelligence Effectively manage their emotions in support of their goals and dreams.	**Live at the mercy of strong emotions** Experiences anger, depression, anxiety, or a need for instant gratification.
Believe in themselves See themselves as capable, lovable, and unconditionally worthy human beings.	**Doubt their competence and personal value** Feels inadequate to create their desired outcomes and experiences.

EXERCISE 1: LANGUAGE & CHOICES

Reset Page Answers | Save | Print

YOUR INNER VOICE AND ITS EFFECT ON SUCCESS

The sage and the saboteur see the world very differently.
As a result, they use different vocabularies to represent their reality.

SAGE VS SABOTEUR

Our language, both external and internal, influences our attitudes and behaviors. Our self-talk can be positive and encouraging or negative and demeaning. We all experience the influences of inner ***saboteurs*** as well as inner ***sages.*** Our inner ***saboteur*** judges, blames, criticizes, and doubts others and ourselves. Our inner ***sage*** offer a wise perspective on issues, other, and ourselves. We can influence our attitude by choosing which inner voice we use.

SAGE	SABOTEUR
Looks for the "good" in people and circumstances	Looks for the "bad" in people and circumstances
"Every circumstance presents an opportunity."	"Poor me. Terrible things always happen to me."
"How can I fix this?"	"It's your fault, not mine."
"I'm not perfect, but I'm a good person."	"I'm not good; I am terrible!"

ACTIVITY 1: FROM SABOTEUR TO SAGE

List three issues you think contributed to your academic performance last semester. Then rewrite the statements from the sage's perspective.

Issues contributing to academic probation:	Sage's perspective:
1.	1.
2.	2.
3.	3.

EXERCISE 1: LANGUAGE & CHOICES

Reset Page Answers | Save | Print

"HAVE TO" VS "CHOOSE TO"

We often make opportunities feel like obligations by the words we use to describe them. Sometimes we say we "have to" do something when it is not the case. We don't really ***have*** to do anything. For every stimulus, there is a choice of action. Some choices are more attractive than others based on the consequences they produce.

ACTIVITY 2: THE LANGUAGE OF CHOICE

List items that you "have" to do. Then reword the items into phrases beginning with **"I choose to _____ because _____".**

	"Have to" items:	"Choose to" phrases:
1.	*go to college*	I choose to *go to college* because *I want to be better prepared for the job of my choice*
2.		I choose to because
3.		I choose to because
4.		I choose to because
5.		I choose to because
6.		I choose to because