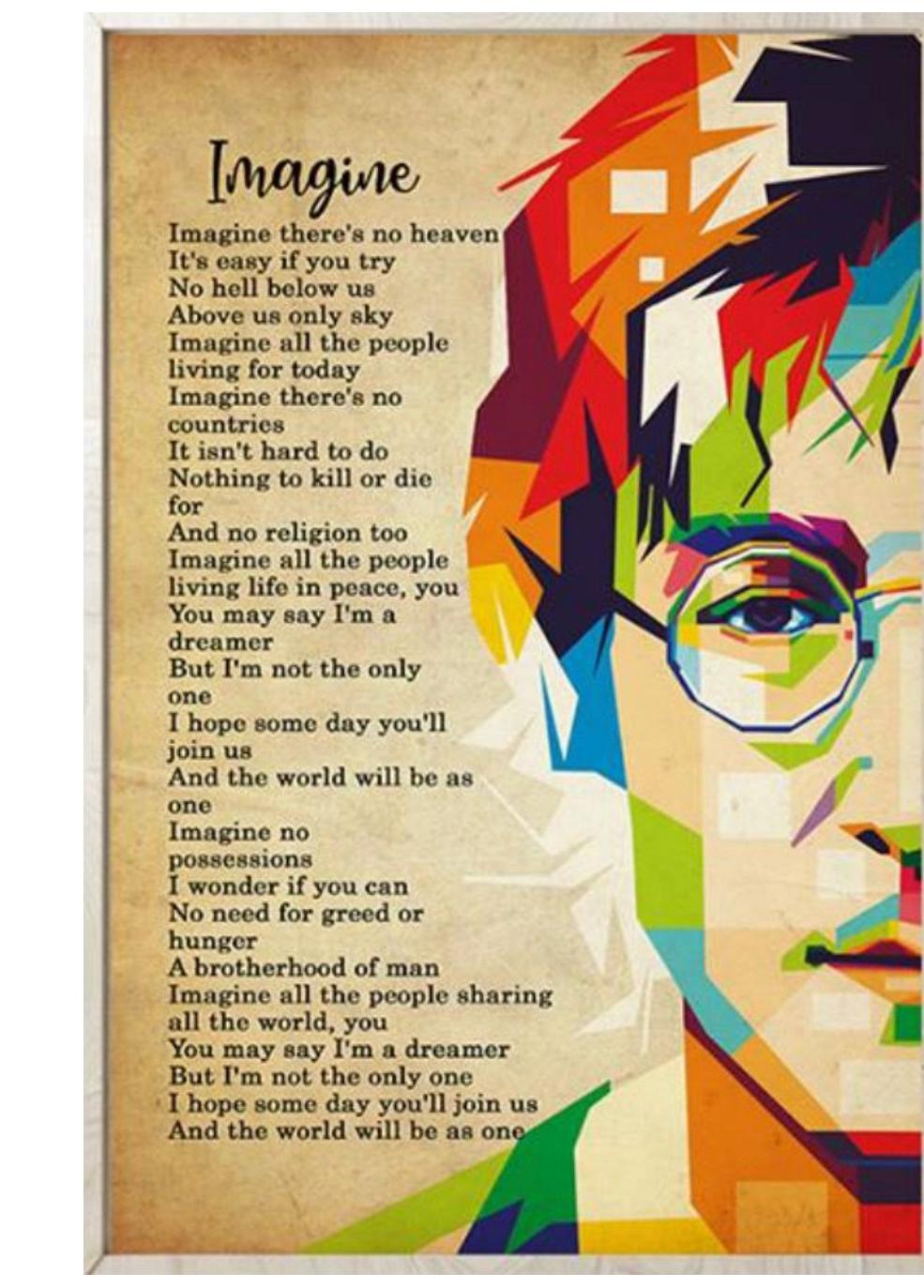




Says

What have we heard them say?
What can we imagine them saying?

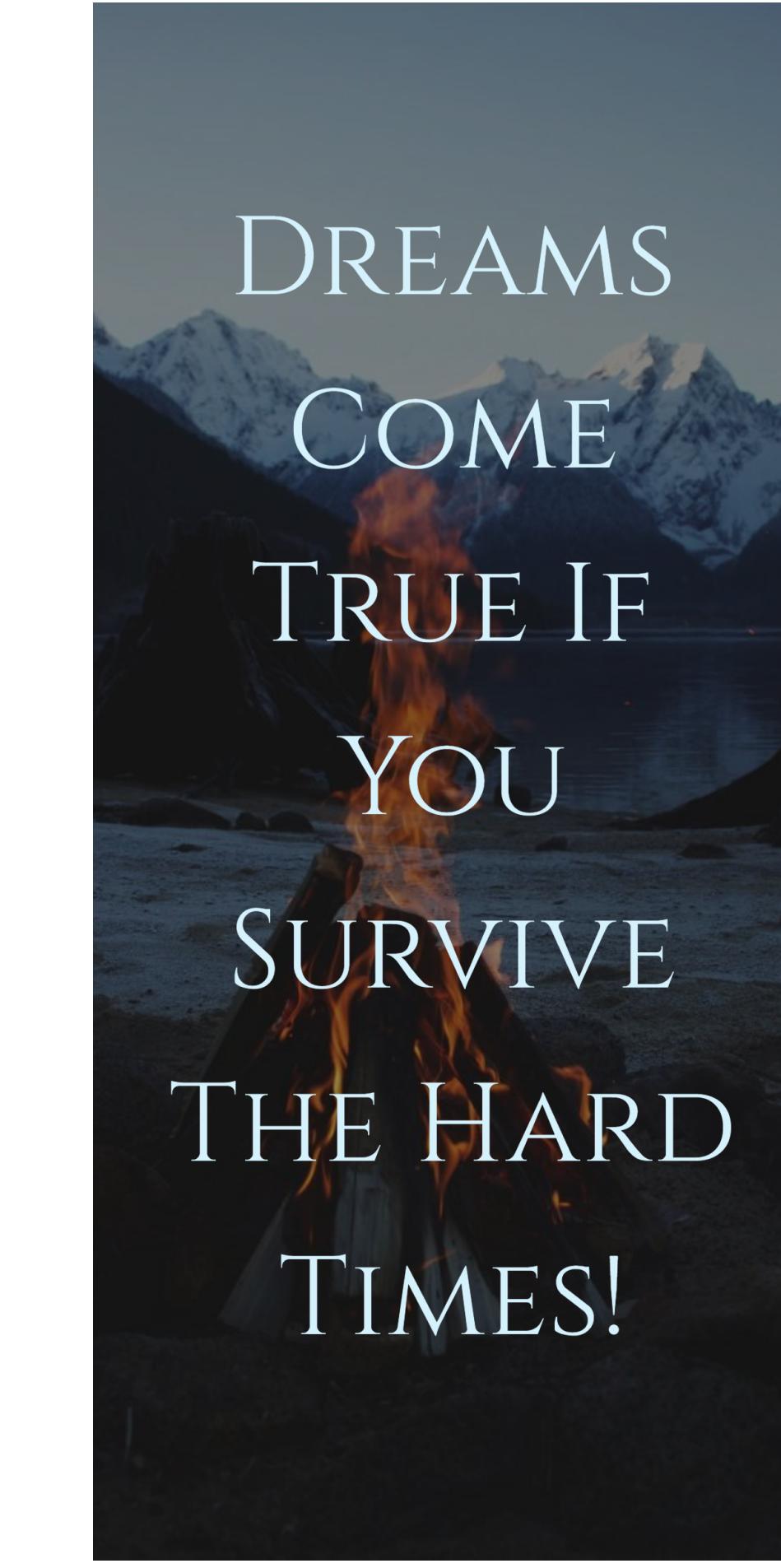
1. What you hear...
The mind and means what
we hear, will determine what
we carry the implications from
what we hear. It's important to
be aware of what they are
and make sure they are
aligned with our own.



1. meaning of heard:
Hear = "to receive by
the sense of hearing".
If you detected a
sound using your
ears, you heard it.

2. Two important
powers of imagine:
Imagine is more
important than
knowing.
Imagination will
often carry us to
worlds never were.

1. Talk about your
aspirations in unique
terms, while staying
realistic and always keeping
the position top-of-mind. It's
ok to be ambitious when
staying your future goals,
but it's also important to be
realistic and remain reverent
to the conversation you're
having.



1. We give our students
that spark when we
help them figure out
what they want to
achieve during the
school year, then show
them the ways they can
achieve the goals.

our thoughts
create our
feelings drive
our behaviour.

**YOUR TRUE SUCCESS
IN LIFE BEGINS
ONLY WHEN YOU
MAKE THE COMMITMENT
TO BECOME
EXCELLENT AT
WHAT YOU DO.**

Brian Tracy

SUCCESS.com

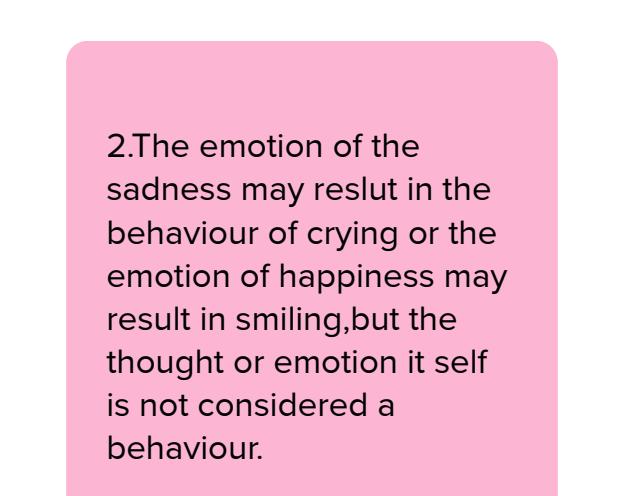
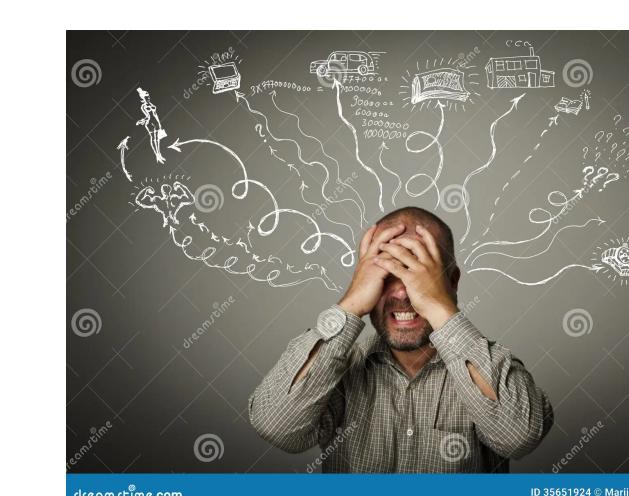
1. Postures,
movements, nonverbal and
verbal communication all can be
observed. Watching
people seeing their
behaviors, looking at their
performance, looking at their
performances interesting for
many reasons.



1. Behavioural
observation is the systematic
recording of
behaviour by an
external observer.

1. Fear is an emotional
reaction to specific, real
danger, while anxiety is
an excessive and
unfounded fear that may
be triggered by a variety
of stimuli.

1. Anxiety is often connected with
overgeneralization from a stressful
environment or threat, compared with the perceived
ability to deal with that threat. In
contrast, anger is often tied to
frustration. Often when anxiety is left
unchecked and unexpressed it can turn into
frustration, which can lead to anger.



2. Cognitive scientists
hypothesize that our ability
to imagine is the result of
something called a "mental
workspace": a neural
network that coordinates
activity across multiple
regions of the brain.

Imagining a better life:
1. Imagine who you
want to be in
three years.
2. feel deeply what is
would feel like to
truly that person.

Does

What behavior have we observed?
What can we imagine them doing?



[See an example](#)

Thinks

What are their wants, needs, hopes, and dreams?
What other thoughts might influence their behavior?



Feels

What are their fears, frustrations, and anxieties?
What other feelings might influence their behavior?

