

Motivational Management

Mastery Self-Talk

Your willingness to master the learning is critical for your success online. Below are strategies successful online students use to master their learning in an online course

01

Listen to your own self-talk

- You can't alter inner speech unless you understand what you are telling yourself

02

Decide if your inner dialogue is helpful or harmful

03

Replace your harmful self-talk with positive self-talk

04

Take the action that coincides with your supportive position