



### Danielle Bain - Head Boarder

Hi girls, so Today I'm going to talk to you about that little voice inside your head. The one that you hear during silent reading or the one that tells you that signing up for a new sport is a bad idea. Every single one of you has got one, so I want you to take the time now to notice it.

The inner voice has the ability to comment on every move we make, big or small. It makes comments on things we could've done better, things we could have avoided and it seems to be really good at turning things into a negative situation. At some point in your life I'm sure it has managed to talk you out of countless opportunities. I know my inner voice has because it was trying to talk me out of doing my last word about 2 minutes ago.

It is completely normal for your inner voice to do this due to the fight or flight response. This refers to how the body reacts in a threatening situation. Back in the times of cavemen this response was the difference between life and death. Nowadays when our anxiety is spiked by things such as public speaking or performing in a dance or a show, the body thinks we are in danger so this response kicks in. It is during these situations that the negativity of our inner voice comes in, its aim is to make the situation negative so our automatic response is to bail out.

Since it's completely human for our inner voice to be negative we have to have ways of dealing with it. One strategy I picked up earlier this year is asking yourself "What is the worst thing that could happen". Then you think about the worst thing that could happen and ask yourself "Will that matter in the morning". More often than not the answer will be no. So, when that little voice inside your head is trying to take over we have to stop for a minute and ask ourselves these 2 questions.

One thing I don't want is for the negativity from your inner voice to stop you from diving into new opportunities. For example, back in year 9 I went to the rowing open day and I was super keen to do it but I let that negativity of my inner voice stop me. It was telling me I wouldn't be good at it and that it would be a complete failure. So guess what, I didn't sign up for rowing. If I had asked myself those 2 key questions I almost guarantee my little year 9 self would have signed up, and who knows where it may have taken me.

So I want each and every one of you girls to go out there and push out the negative talk from the little voice inside your head. In reality how often does the worst case scenario actually happen? Throughout the next week I want you to try really hard at using the 2 key questions. What's the worst that could happen? And will this matter in the morning? Try using them with little decisions like signing up for that sport you've always wanted to try and then when it comes to bigger decisions that life throws at you, you'll be an expert at not letting the negativity of your inner voice influence your decision. "And trust me, you're going to have a few big decisions to make over your time at St Hilda's, particularly when you hit the senior school, so the more practice you get the better."

To wrap it up as Winnie the Pooh tells us "You're braver than you believe, stronger than you seem and smarter than you think".