



The Power of Trust

Feasgar math!

I hope this email finds you well. It's like spring here in Maine today!

Trust is one of the most important tools you can have as a language learner. It's one of the main ways to keep your Gaelic growing.

Many learners limit themselves because they focus on being perfect, even in very small ways. Many learners don't trust that they will be ok if they make mistakes. This often leads to stress - or even worse, avoiding using Gaelic at all.

It can be a very stressful circle - but it doesn't have to be like this.

If we work at **trusting that we will still be ok** no matter how our Gaelic is, we can get out of our own way, avoid so much stress, and keep growing.

3 Ways to Trust That You'll Be Ok

- Gently stop apologizing for mistakes. No one is perfect. No one.
- When you feel stressed, take a break. Check in on how you feel afterwards. Where are those self-conscious feelings from before? Ask yourself: "Am I more ok now? Even a little bit?"
- Any time you feel calm, successful, or grounded, concentrate on it for 30 seconds. Really notice how it feels in your mind and in your body. This builds a felt memory to trust in in the future.

Sometimes we can feel so stressed and/or self-conscious that 'being ok' seems miles (or kilometers) away. That's fine too. It happens. Taking a break can be very

helpful. Then, try #2 from the list above.□

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Le gach deagh dhùrachd (with every good wish),
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