# Modal verbs

- certainty
- probability
- possibility

# Self-motivation with Mel Robbins

Self-motivation with Mel Robbins

What I know is that true change comes down to five second windows. That moment that you know you need to do something that feels slightly uncomfortable and your resignation, your excuses, your self-doubts start cranking up in your head... You gotta move, you have to move and so what happened for me is that I invented a hack, a brain hack. It's the stupidest thing in the world and it turns out that it's actually tremendously profound and powerful.

- It was a cheat to beat the alarm clock. Here is how it goes. The alarm rings in the morning.

- They count down to launch the rocketship and the counting backwards kind of shut my mind off and then suddenly at one I would stand up.

- The moment the alarm rang, "five, four, three, two, one" just like NASA, what they do?

- Most of us don't wanna get out of bed, right? But we know we should. So I would go "five, four, three, two, one".

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- Right and it happens in less than five seconds and so what I know is that those are two different parts of your brain going at once and if you go "five, four, three, two, one" you interrupt the habit of self-doubt, the habit of talking yourself out of it.

- I noticed two things as I started to use it. I noticed that that window where I'd be lying in bed and I have the knowledge that I should get up but in my body I wouldn't feel it and as I lied in bed and you can try this tomorrow morning, set your alarm early, earlier than you normally do and watch what happens.

- Yes, it's too cold or I'm too tired.

- Your mind has that wisdom, your gut has that wisdom, it's holding on to it and then it starts to kind of nudge you with a little guilt and then what will happen is all of a sudden you'll start talking yourself out of doing the things you said you would do.

- The alarm would go off and your mind knows that you said you would get up.

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# GRAMMAR

# Modal verbs

work together with a main verb and are used to express something

can

could

may

might

must

shall

should

will

would

can

could

may

might

must

shall

should

will

would

1) Infinitives come after modal verbs but without 'to' | **He must be my teacher.**

2) Modal verbs take no "s" in the third person singular | **It will happen.**

3) Modal verbs do not change their form according to tense (no past nor future form)

4) We use modal verbs in negative or interrogative sentences  like we do with other auxiliary verbs | **I may not apologize** | **Could it be hard to find a partner?**

Note: We use contraction quite often in spoken or informal language.

# Modal verbs

work together with a main verb and are used to express something

**certainty**      **possibility**      **probability**

How likely something is to happen or if it's possible at all.

# certainty

You're sure, you're confident.

certainty

will

must

# certainty

## will
## must

We use "will" when we're confident that something will happen and "will not" or "won't" when we're certain that something is not going to happen.

* It will rain tomorrow | His flight won't arrive on time.
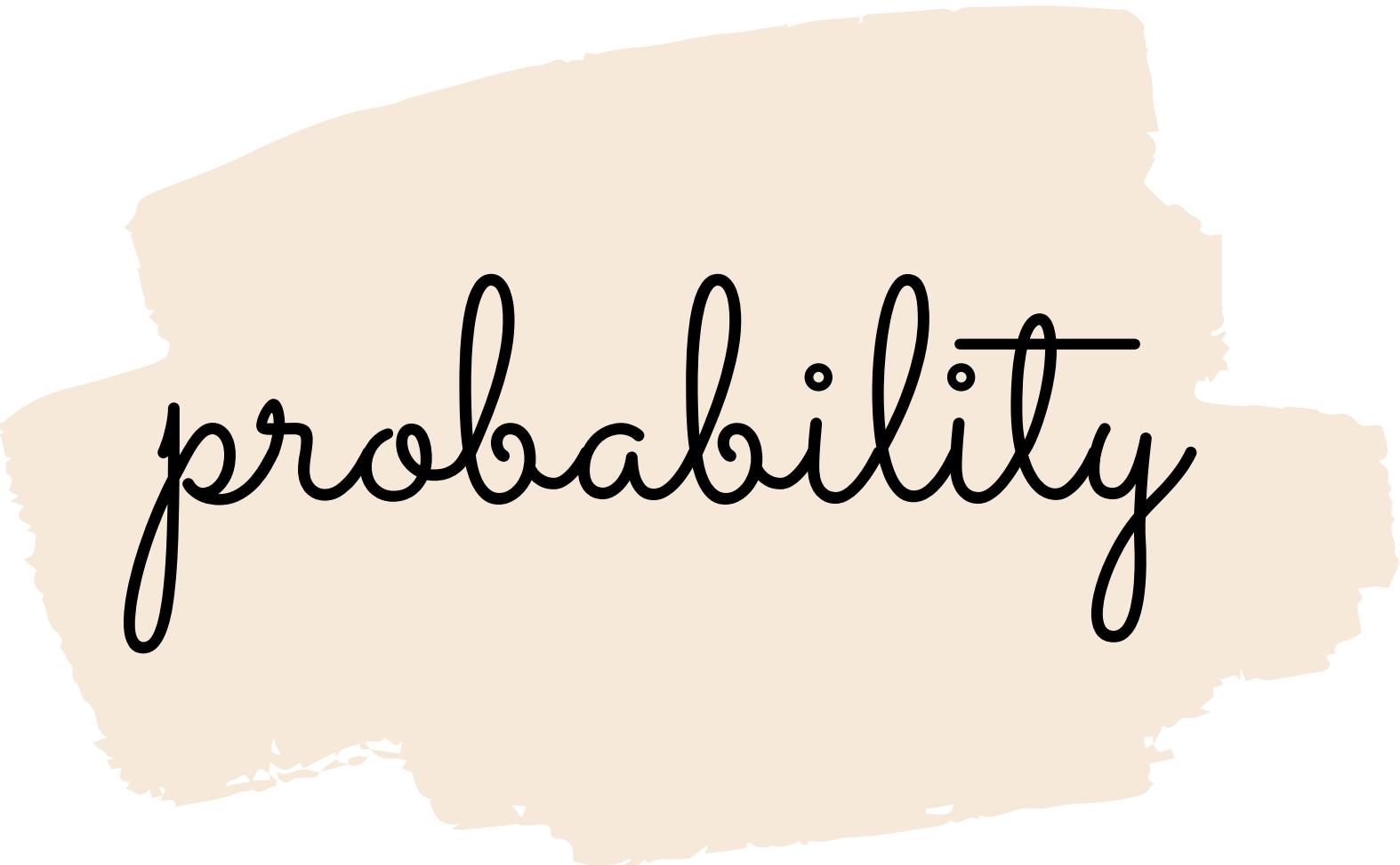
We use "will" to give reassurance.

* You'll do great!

certainty

will

**must**

We also use "must" when we are confident and sure of something that is happening in the present and usually we have a reason or an explanation to tell us why something is happening:

* The baby is crying, he must be hungry.
* I thought Brian would be here by now, he must be stuck in traffic.

# probability

Is it probable?

Is it likely to happen?

Is it a good chance it will happen?

# probability
## should

We use "should" to say something is likely; we're not a 100% certain but we believe it to be true.

* They left an hour ago, they should be here by now.
* If they take the car, they should arrive by three.

possibility

impossibility

*Is it possible?*

*Is it impossible?*

# possibility

can , could
may, might

# impossibility

can't , couldn't

We use "can" when we're making really general statements about something that is possible:

* People can be really rude.
* It can be really hard to find a speaking partner to practice English with.

In this context "could" is used as the past tense of "can".

* I remember spending time with my family, hours could go by so fast.

# possibility

can , could
may, might

When we're uncertain or unsure about the present and the future, we use the modal verbs "could", "may" and "might": something is possible but it's not certain or guaranteed.

* If you call her, she could pick up the phone.
* I may need to borrow the car.
* They might arrive before lunch.
* It could/ might/ may rain this afternoon.
* Brian could/ might/ may arrive before us.

Note: There's a slight difference between the two: "might" tells us that the outcome is a little bit less likely.

# impossibility
## can't, couldn't

When we think that something is impossible, we use the negative forms of "can" and "could":

* You can't be serious!
* When we told them they'd won, they couldn't believe it!

Note: You might hear people pronouncing the full negative form to add emphasis:
That can not be true!

POLL
TIME

Self-motivation with Mel Robbins

Once I started using it to get out of the bed on time, you know "five, four, three, two, one, get up", I started to notice "holy cow, all day long there are these five second windows where I know what I should be doing, maybe I should use this stupid thing to take control of my head and push myself to do those things too" and so I went from sleeping in and hitting the snooze alarm three times, four times, five times a day to getting up on time, getting to the gym, not having four Manhattans a night, speaking to Chris differently...

I should use this stupid thing to take control of my head and push myself to do those things too.

- Puede ser útil usar (...) > Existe la posibilidad

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- Puede ser útil usar (...) > Existe la posibilidad

- It <u>may</u> / <u>might</u> / <u>could</u> be useful to use this stupid thing to take control of my head and push myself to do those things too.

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- It <u>may</u> / <u>might</u> / <u>could</u> <u>not</u> be useful to use this stupid thing to take control of my head and push myself to do those things too.

- <u>May</u> / <u>might</u> / <u>could</u> it be useful to use this stupid thing to take control of my head and push myself to do those things too?

Yes, it may / might / could.      or      No, it may not / mightn't / couldn't.

There are these five second windows where
I know what I should be doing (…)

- Debe haber (…) > Existe la posibilidad de que haya.

There are these five second windows where

I know what I should be doing (...)

- Debe haber (...) > Existe la posibilidad de que haya.

- There <u>might</u> / <u>may</u> / <u>could</u> be these (...)

I went from sleeping in (...) to getting up on time.

- Pasó de levantarse tarde a levantarse a tiempo, debe estar usando el "brain hack" > Existe la probabilidad.

I went from sleeping in (...) to getting up on time.

- Pasó de levantarse tarde a levantarse a tiempo, debe estar usando el "brain hack" > Existe la probabilidad.

- She went from sleeping in to getting up on time, she should be using the brain hack.

# I went from sleeping in (...) to getting up on time.

- Pasó de levantarse tarde a levantarse a tiempo, debe estar usando el "brain hack" > Existe la probabilidad.

- She went from sleeping in to getting up on time, she <u>should</u> be using the brain hack.

She <u>should not</u> be using the brain hack.

<u>Should</u> she be using the brain hack?

Yes, she should          or          No, she shouldn't.

I started to change. I became the kind of person that stopped thinking about stuff and complaining about stuff and I became the kind of person that I had always wanted to be, the kind of person that makes things happen. I saw myself changing. And what happens is, you know, you can follow anybody's step by step by step program, you can and it might work like most of them do, every diet will work.

The problem is we don't go internal first. You cannot change your life unless you go inside first, you figure out who you are, what your own wisdom is telling you to do and you start to actually believe it and follow it because if you don't develop simply the ability to get up when you said you would, to eat what you said you would, to ex... you know, exercise because you said you would, to talk to your kids in a way that's patient because you said you would, you will never have the self confidence to succeed in any environment. You won't.

I became the kind of person that stopped thinking about stuff and complaining about stuff.

- Me convertiré en el tipo de persona que deja de pensar en cosas y de quejarse de las cosas > Estoy segura.

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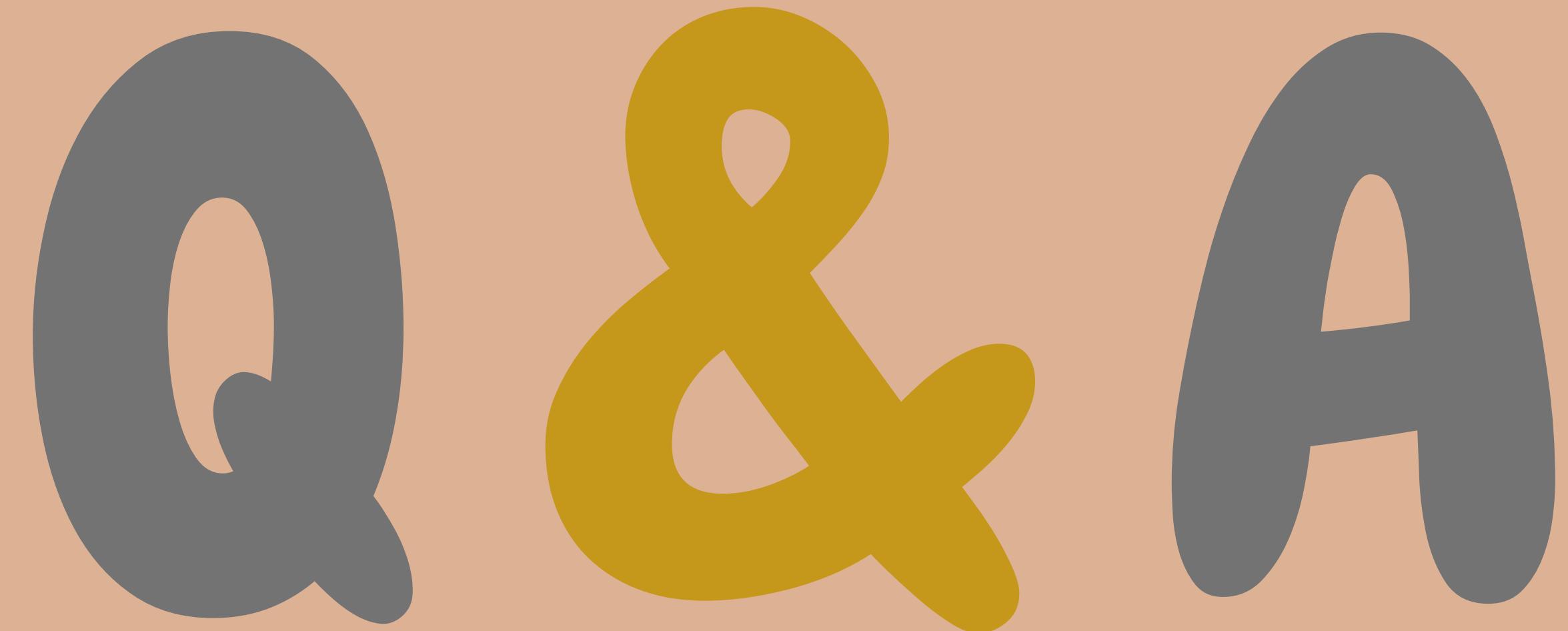
- Me convertiré en el tipo de persona que deja de pensar en cosas y de quejarse de las cosas > Estoy segura.

- I will become the kind of person that stops thinking about stuff (...)

- Empezó a cambiar; debe estar usando la regla de los cinco segundos > Estoy segura.

# I started to change.

- Empezó a cambiar; debe estar usando la regla de los cinco segundos > Estoy segura.

- She started to change; she <u>must</u> be using the five-second rule.

THANK YOU

eclap
Escuela de Administración Pública
de Castilla y León

Junta de
Castilla y León