

CHALLENGE YOUR INNER CRITIC

My inner critic is called:

If I was going to describe my inner critic I would say that it looks like:

(Top Tip: Giving your inner critic a funny name and character can take some of its power away!)

Notice when your inner critic appears. When you recognise it try answering these questions...

What did it say?

When did it appear?

What impact did it have on me?

Is there any truth to what it said? Do I have any compelling evidence to support it?

When is it not true? What is the evidence against it?

Now take a moment to get in touch with your inner compassionate voice (i.e. the voice that offers you reassurance and encouragement)

What does my inner, most compassionate voice say about this?

With this in mind, my new empowering belief is:

What small actions can I take today to embed this new empowering belief into my life?