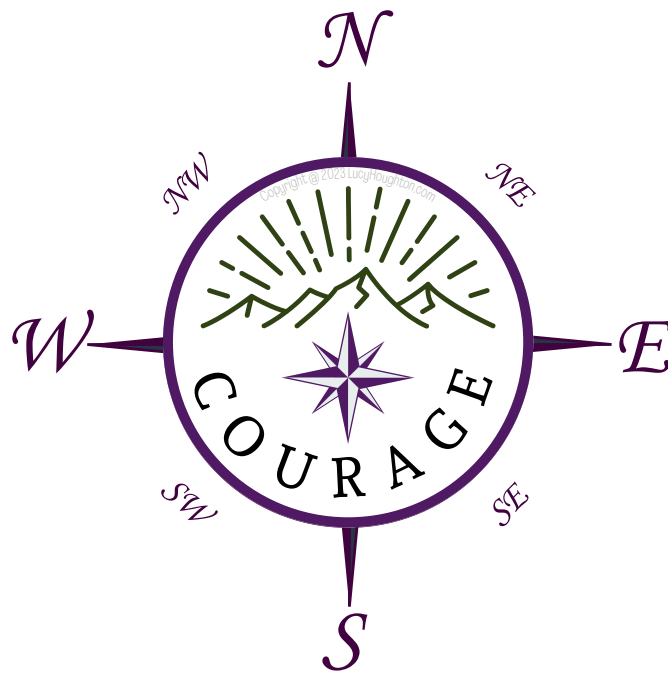
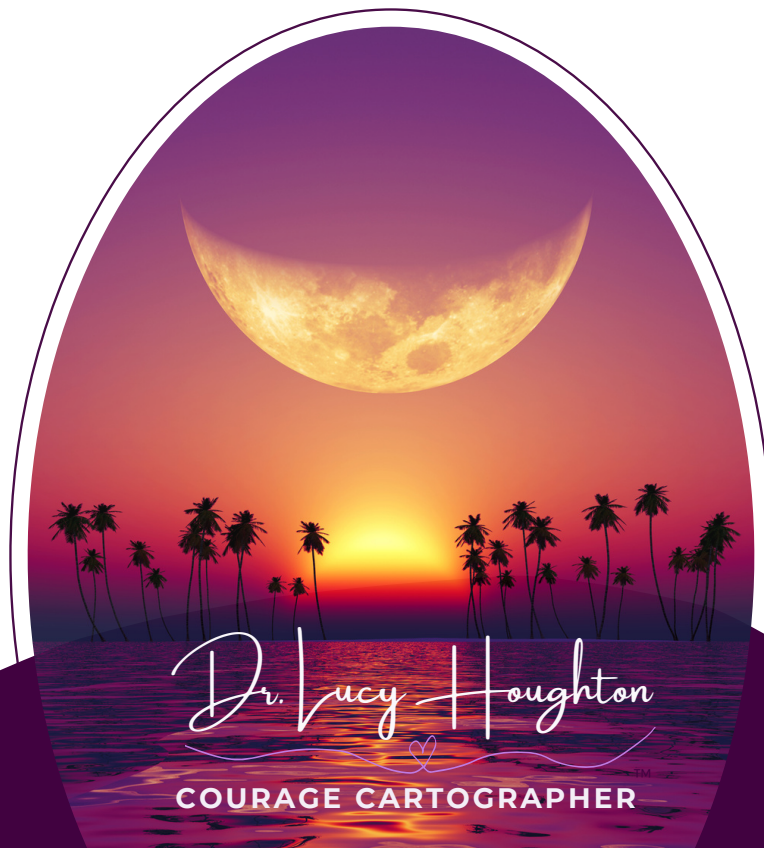


The Courage Cartographer's

GUIDE TO TAMING YOUR INNER CRITIC



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Dr. Lucy Houghton

COURAGE CARTOGRAPHER

7 Steps To Taming The Inner Critic

On our journeys through life, we all face that relentless inner critic; the one that constantly questions, criticizes, and challenges us. Taming your inner critic paves the way for courage by strengthening your mind's ability to embrace life's stormy weather. 🌀 Welcome to the adventure. We hope you enjoy the journey!

1. Deciphering The Critic's Code:

Understand that your inner critic isn't your enemy. It's a protective mechanism from past experiences and fear of the unknown. Your critic has many voices—fear, jealousy, insecurity. Identify them to address them.

2. The Power of Perspective:

Instead of viewing criticism as negative, see it as feedback. Feedback can guide you to self-improvement. Counteract exaggerated criticisms by grounding in reality. Ask, "Is this 100% true?" "What about this feedback is helpful?" "What parts do not serve me?"

3. Mapping Your Mindset:

Recognize if you have a fixed mindset ("I can't change") or a growth mindset ("I can learn"). Aim for growth. Develop positive mantras to replace the critic's voice. Practice them daily. Check out the examples on the next page.

4. Steering Compassionate Conversations:

Instead of shunning the critic, listen. Understand its concerns, then address them. Respond to your critic with compassion, as you would to a dear friend or a young child.

5. Charting A New Course:

Envision a world where your critic becomes your ally. How does it look and feel? Soothe the critic with bold moves – Enroll in a class that pushes your comfort zone—like dance, coding, or a courage course. Learning shifts the inner voice from you "can't" to "you did".

6. Courageous Connections:

Surround yourself with courageous, uplifting souls who resonate with your journey. Support each other in times of self-doubt. Collective strength lies in shared experiences.

7. Daily Resilience Rituals:

Start each day with a clear intention. "I am the master of my journey." Grounding, journaling, and deep breathing can help center you.

FIXED MINDSET

✗ THIS IS TOO HARD, I GIVE UP

✗ I MADE A MISTAKE

✗ I DON'T KNOW HOW

✗ THIS ISN'T WORKING

✗ I'M NOT GOOD ENOUGH



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GROWTH MINDSET

✓ I WILL PERSEVERE & KEEP TRYING

✓ MISTAKES HELP ME GROW

✓ I CAN LEARN HOW & IMPROVE

✓ I'LL TRY A DIFFERENT WAY

✓ I WILL PUT IN MY BEST EFFORT

Captain's Log

Navigating the Inner Archipelago

- Name your critic, give it a hug & invite it to relax
- Challenge the accuracy of your critics statements
- Acknowledge your accomplishments & successes
- Reframe negative talk into positive affirmations
- Move your critic emotions through body motion
- Try a creative visualization to reframe thinking
- Listen to inspiring music or watch a motivational video
- Take a 10 minute body scan, relaxing body tension
- Connect with a mentor to help examine perspective
- Write down 3 things you are genuinely grateful for

Compassion Compass

Guiding Self Talk

I am worthy of love and respect.

I am in control of my own happiness.

I am capable of achieving my dreams.

I am grateful to learn from my mistakes.

I am gentle with myself when I have a hard day.

I am a powerful creator of my destiny.

I am more than enough right now.

I am strong enough to say no.

I am confident in my abilities.

I am unapologetically myself

WANT INDIVIDUALIZED SUPPORT?

BOOK A CALL

In your complimentary Brave YOU session we will explore your goals and create a mini plan to get you started on your path to thriving, leading, and living the life you deserve. Just click the sticker below to view the scheduling calendar. If your computer does not allow links, visit us at lucyhoughton.com and book a session from there.



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