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INNER CRITIC

Journal Guide

Your inner critic doesn't define you — it's just a voice you've picked up along the way. Use these journal prompts to turn down the volume on self-doubt and turn up the truth about your worth, power, and potential.

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List 10 qualities that describe you that are NOT related to accomplishments.

02.

Write down any accomplishments you're really proud of. Big or small, they matter.

[illegible]

03.

Think of 10 negative things you tell yourself and reframe them into 10 empowering words.

[illegible]

04.

Write 2 things your inner critic says and explain why they aren't true.

[illegible]

05.

Create your inner critic's backstory or persona. Give it a name, describe what they look like, what they say the most, and where they came from. Then, rewrite the story.

[illegible]

06.

Write a letter of thank you to your inner critic — for trying to protect you, and for teaching you that you’re strong enough without it.



♥ Remember!:

Your inner critic is **not** the truth. Every time you write, you're choosing your voice over fears. Keep going, sisterrr!

Your power is limitless ✨

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