



REFLECTION

JOURNAL

**Freedom from Criticism:
How to Stop People
Pleasing and Start Living
Free**

**Prompts to help embrace fear, live
authentically, and move forward.**

A NOTE FROM DR. KATINA



Welcome!

Welcome to your Freedom from Criticism Journal entry. I'm so glad you're here. As you put pen to paper, remember: this space is your invitation to pause, breathe, and honor the now. Let these pages hold your gratitude, your questions, and the quiet wisdom that surfaces when you slow down long enough to listen. Write freely, feel deeply, and keep each entry as proof that you showed up for your own life—fully awake, fully present, and filled with intention.

With Love,

Dr. Katina

Whose approval am I still chasing, and what would my life look like if I no longer needed it?

Reflect on where that need began, a parent, teacher, mentor, or social expectation, and how it still shows up in your adult choices.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

When was the last time I silenced myself out of fear of being criticized?

Write about what you didn't say, what you were protecting, and what part of you is ready to reclaim your voice.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

What criticism have I allowed to live rent-free in my mind?

Examine the words or opinions that stuck, and rewrite them in your own truth.

[illegible]

How can I begin encouraging myself instead of waiting for validation from others?

List tangible ways you can affirm your own growth, daily mantras, quiet reflection, or celebrating small wins.

[illegible]

What does peace look like for me when I stop explaining, defending, or over-justifying my choices?

Visualize that freedom, how it feels in your body, how it changes your relationships, and what new energy it creates in your life.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

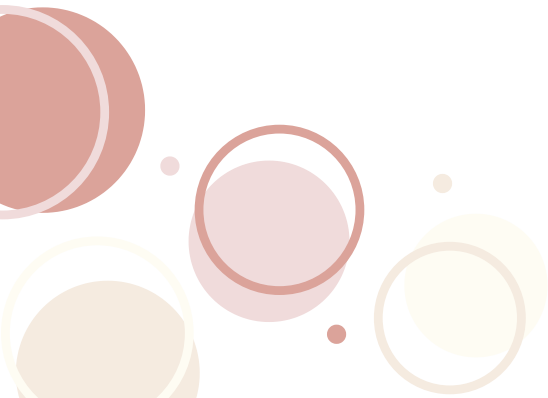


REFLECT & WRITE

CLOSING REFLECTION

**Freedom from criticism
begins when I stop seeking
approval and start trusting
myself.**

**I don't need to defend who
I am anymore, I only need
to live it**



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Reflections.**

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