

TAME YOUR INNER CRITIC

Noticing, challenging, and softening self-critical thoughts.



👁️👁️ Step 1: Notice the Critic

What's the loudest self-critical thought you've had this week? Write it down exactly as it sounds in your head.



Now give this voice a name. This helps separate the voice from you.



Example: Drill Sergeant, Perfection Patty, Bossy Beth, Never Good Enough Natalie

🧠 Step 2: Challenge the Thought ➖ That voice is *not* the truth! It's stress, fear, worry & old stories

Now, rewrite the same message using your Inner Coach's voice. The one you'd use for a friend or someone you care about.





Example: It's OK to feel this way. Let's take one small step forward today.

👐 Step 3: Rebalance

Counter that one harsh thought with five true and kind affirmations or observations.

- 1

- 2

- 3

- 4

- 5

Tip: These don't have to be sugar coated, just real! Like- I show up, I am curious, This is a moment.

💕 Message from Coach Jeannie

Hearing your inner critic is a powerful strength. It takes inner wisdom and compassion to hear it.

– And it's just as important to make sure the voice you listen to is the version of you that wants what's best for you.

Let this be your reminder: *You're allowed to rest. You're allowed to be human. You're already enough.*