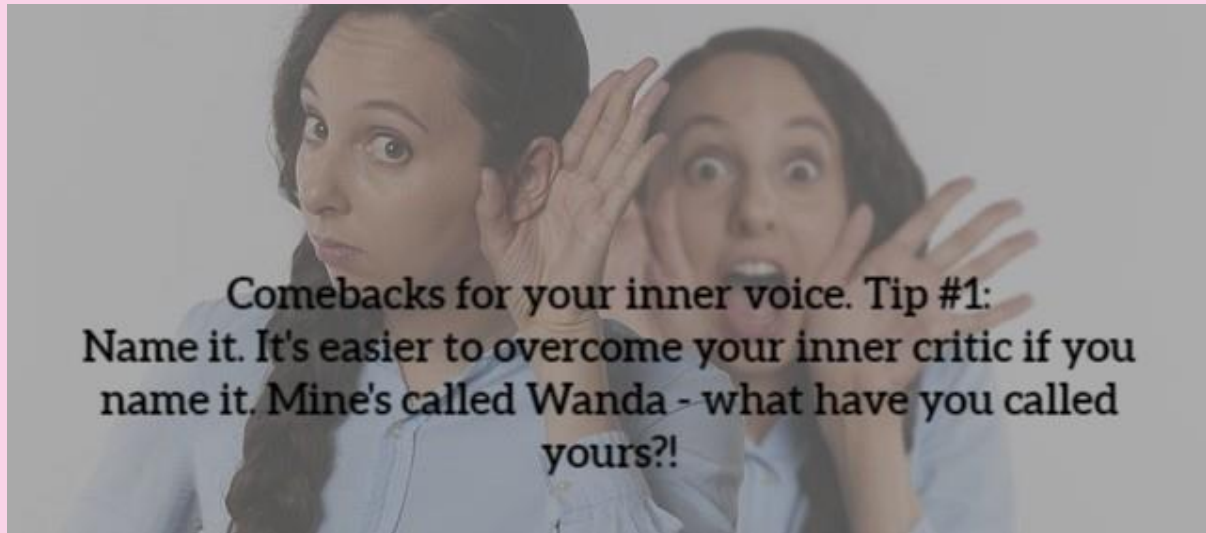


Ways to quieten your inner critic



#2

You hear your inner critic "I'm not enough to do" (fill in your own blanks).

Remember the three-step process; recognise you're hearing a voice, recognise it as destructive, then talk to it with authority.....

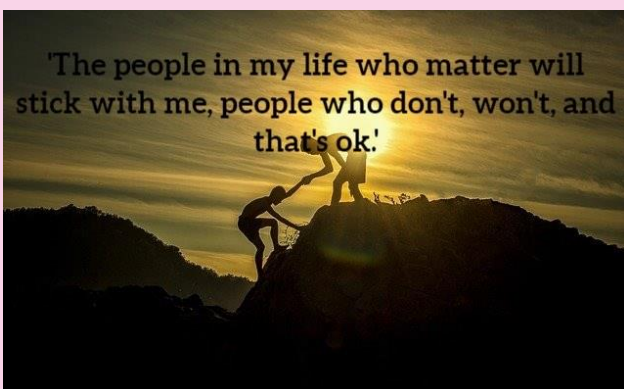
"Thank you (name of voice) for your concern, but I've got this!". Take back your power, don't give it to your inner critic.



#3

You hear "What if I get rejected?" or "people won't like me". These are tough ones to hear, and we

'The people in my life who matter will stick with me, people who don't, won't, and that's ok.'



can get sucked into the black hole of loneliness and feel we'll never be able to climb out.

But how does your inner critic know this?

Where's its evidence? It's likely that there isn't any, so ask it for some – see what it says.

People who walk away from you were never really there for you anyway....you don't want them in your life dragging you down, you want people around you lifting you up so you can finally step into the real you! Take the chance, step out of your comfort zone and do what it is that you've been stopping yourself doing.

#4

You hear “I’m not ready yet for.....” (fill in your own blank)

This is so paralyzing, but the truth is, you’ll never be perfectly ready for anything. You need to get over this voice, ignore it and take that leap!!! Learn from whatever happens, so that next time you’ll be more ready.



#5

You hear “I’m going to fail”.

‘Fail’ isn’t a word that exists in my vocabulary anymore. I reframe, and reframe, and reframe. So what if something doesn’t quite work exactly the way you want it to? That’s just a step closer to winning! I don’t think anyone gets everything right on their first attempt, and so many great ideas come from when things don’t go quite to plan.

So tell your inner critic (with authority) that it’s not possible to fail, failure doesn’t exist for you anymore....then see what happens when you give it a go, and learn from it and go again.

