

Identify: Know the voice of your inner critic

Acknowledge: Separate it from your voice

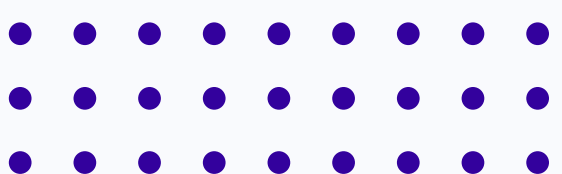
Address: Speak truth to the lies

Challenge: The Lie

Create:
Affirmations

Believe: You have value

6 STEPS TO SILENCING THE INNER CRITIC



The Inner Critic Creed

Positive Affirmations

- I have value
- I am enough
- I am beautiful
- I belong here
- My voice matters
- I am not alone

Silence the Inner Critic

My inner critic is a liar. The statements that do not build up, empower, or affirm me are not truth. I am valuable, I am worthy, and I am enough. Today, I walk in the purpose and promise that aligns with a healthy inner critic and positive self-talk. I matter.

Name

Date