

# Reframing the Inner Critic

## INNER CRITIC

- I do not have what it takes to achieve my goals.
- I hate my scars. They show the times I've fallen and my past wounds.
- I have failed at this before.
- People are constantly criticizing and judging me
- I do not know what to say, everyone knows more than me.



## INNER COACH

- I have access to resources to assist me with my goals.
- People who see your scars, will see strength and endurance.
- Each *attempt* is a lesson learned. Missing the mark doesn't mean you missed the goal. Keep trying.
- What others say about you **DOES NOT** define you. Being receptive to feedback allows you to learn from others and consider other ways of doing things.
- You have value, you add value and your voice is **NEEDED** in the room.

# Welcoming the Inner Coach

NOTICE WHAT YOUR INNER CRITIC IS SAYING AND HOW THE INNER COACH IS RESPONDING  
SPEND TIME THIS WEEK RECORDING THOSE THOUGHTS AND LISTENING TO YOUR INNER COACH

INNER  
CRITIC



INNER  
COACH

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