

INNER COACH VS. INNER CRITIC

When our inner critic is starting to take over our thoughts, we can use our Inner Coach to help defeat them. First, read each of the Inner Critic thoughts listed below. Then, think about what your Inner Coach would say instead and write it down!

INSTEAD OF...

1. I'm so stupid.
2. This will never work.
3. This has to be perfect.
4. I am never good enough.
5. I am such a bad person.
6. I lose at everything.
7. I am so ugly.
8. Everyone hates me.
9. I'm a failure.
10. I can't do it.

YOU COULD TRY...

CHANGE THE WAY YOU THINK AND YOU CAN CHANGE YOUR WORLD.