

MAKE PEACE WITH YOUR INNER CRITIC

1. Write down your goals and read them daily.



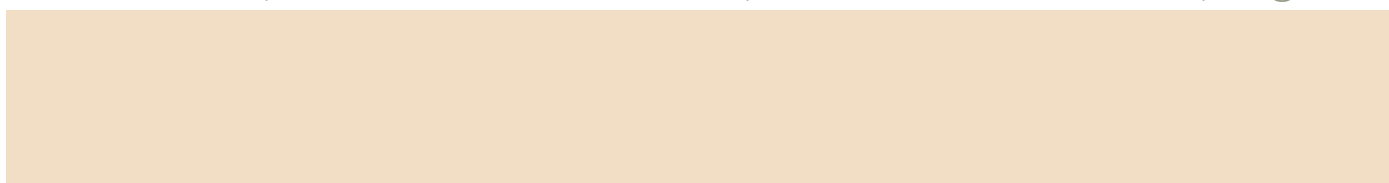
2. Write down what your inner critic says as you read your goals.



3. Throughout the day, log your inner critic chatter.




4. What do you think about what your inner critic is saying?



5. How do you feel when she shows up?



6. What are your actions when she shows up?



7. Do you believe your inner critic? Why or why not?

8. What do you think she is protecting you from?

9. What does your intuition say?

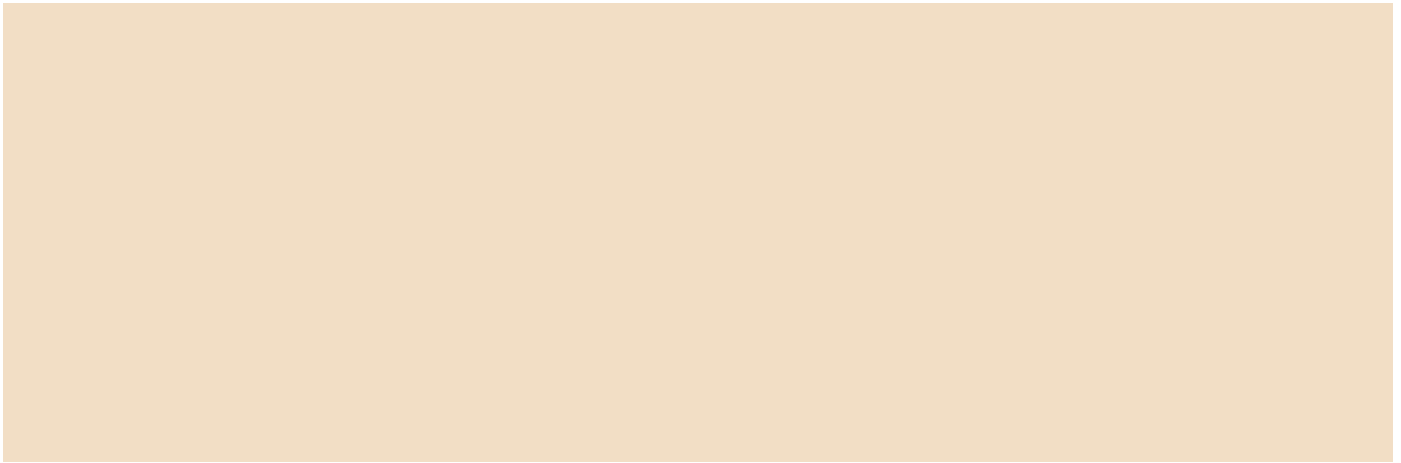
10. Is your intuition a voice that you respect?

11. When was the last time you followed your intuition?

12. What does following your intuition feel like?

13. What does following your inner critic feel like?

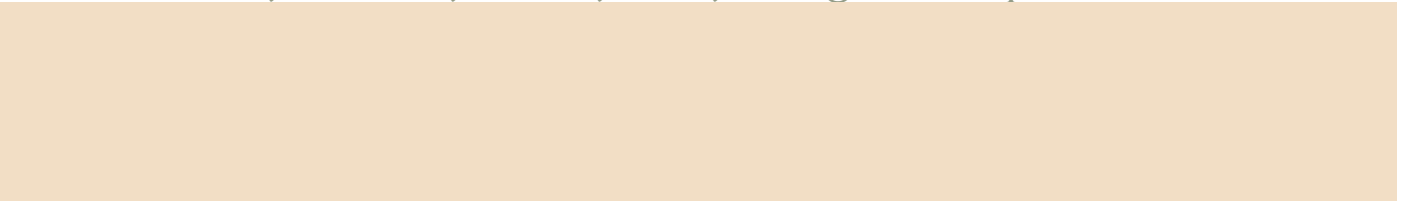
14. What do you love, appreciate and respect about yourself?



15. Write three positive statements that you believe about you.



16. What is your why? Why are your goals important?



17. What will the impact be when you hit your target?



18. How will you know success? What does it look like?

