



Ignore Your Inner Critic & Create Your Inner Coach Fact Sheet

What is the Inner Critic?

The inner critic is that harsh internal voice that judges, doubts, and undermines you. It often reflects old fears, past conditioning, or unrealistic expectations.

How the Inner Critic Affects You

- Lowers self-esteem
- Increases anxiety and stress
- Discourages growth and risk-taking
- Reinforces negative self-beliefs

What is the Inner Coach?

The inner coach is your wise, supportive, and encouraging voice. It helps you navigate challenges with self-compassion and clarity.

Inner Coach vs. Inner Critic

Critic: "You messed that up."

Coach: "It's okay to make mistakes. What can you learn from it?"

Critic: "You're not good enough."

Coach: "You're growing, and that's enough."

Critic: "You'll never succeed."

Coach: "One step at a time. Keep going."

Why Choose the Inner Coach?

- Builds resilience and self-trust
- Encourages emotional balance and confidence
- Promotes a kinder, more empowering inner dialogue