

Ignore Your Inner Critic & Create Your Inner Coach Workshop Worksheet



1. Recognize Your Inner Critic

Write down 2-3 common phrases or thoughts your inner critic uses:

2. Identify the Impact

How do these critical thoughts make you feel or behave?

3. Reframe with Your Inner Coach

Take each critical thought and rewrite it as if your inner coach was speaking:

4. Create Your Inner Coach's Voice

Describe the tone, personality, and phrases your inner coach would use:

5. Anchor the Practice

What's one phrase you'll repeat to yourself when your critic shows up?

