

They're on to me

I am not worthy

Success is no big deal

If I were really smart

I'll get found out

I'm a fraud

I had a lot of help

Assignment

The goal of this assignment is to implement a set of responses to quiet your inner critic. Begin by working individually as outlined in Step 1. Now, in Step 2, identify an accountability partner to get realistic feedback and reinforcement.

Step 1: WORK INDIVIDUALLY

Practice makes permanent:

- General awareness: Be on the lookout for evidence of your inner critic.
- Audit your self-talk
 - ✓ Ask yourself – “Does it prevent me from learning and growing?”
“If yes, what would I do if I didn’t have self-doubt?”
- Write your positive self-talk on a post-it and place on your bathroom mirror:
 - ✓ First thing you see in the morning
 - ✓ Last thing you see at night
- Practice new language every morning:
 - ✓ “I can do this.”
- Keep an “I’m awesome” file.
- Practice Amy Cuddy power pose.

Step 2: WORK WITH A PARTNER

Identify an accountability partner to provide:

- Realistic feedback
- Reinforcement for improvements towards your goals

Work with your partner to:

- Experiment with a new story that aligns with your goals.
 - ✓ Example: Start with “I’m scared but I want to be brave. I am brave.”
- Change the way you tell your story to others.
- Note how self-sabotaging your inner critic can be.
- Promote yourself to showcase the best possible you.



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