

STRENGTHENING THE COACH, QUIETING THE CRITIC

We all have an inner critic and an inner coach. When we are speaking in front of people or performing, often our inner critic gets in the way. In this exercise, think of the helpful things and some of the not-so-helpful things that you tell yourself. Writing these thoughts down can help you focus on the positive and minimize the impact of the negative. Strengthen your coach and quiet your critic!

WHAT DOES YOUR INNER COACH SAY? Examples might be, “Everyone is nervous. I’m not the only one,” or “I got this!”



WHAT DOES YOUR INNER CRITIC SAY? Examples might be, “I’m going to mess up,” or “Everyone is judging me.” Remember, just because your critic says something, doesn’t make it true.
