



Meet Your Inner Coach & Your Inner Critic

Module One, Session Two Worksheet

Things your Inner Critic Says:

(This is your "Itty Bitty Shitty Committee". The voice that wants you to stay safe/stuck, preserve the status quo, not change or take risks.)

Things your Inner Coach Says:

(This is the voice of your dreams, desires, and self-regard.
It is motivated by growth and sourced by your wisdom and strength.)