Mindset

What Your Inner-Critic is Saying	Why you Believe This Isn't Really True
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What qualities do you possess that prove the thoughts above of your inner-critic aren't really true?

_____

_____

I need to be more…..	How I can me more….
1_____	_____
2_____	_____
3_____	_____
4_____	_____
5_____	_____

What can I start doing today and tomorrow to begin the process of embodying these characteristics?

1.

2.

When will I complete this by?

1.

2.

3.

4.

Who will I have hold me accountable?