

## 10 Techniques for Quietening Your Inner Critic



1. Notice when your inner critic speaks to you and what it says. When is it at its loudest and when is it quiet?
2. Reframe or change what the inner critic says to a more positive comment that you can believe.
3. Ask yourself, what evidence is there to support the negative comment from your inner critic and what evidence is there to challenge it. I think you will notice there will be a lot more evidence to challenge what your inner critic says.
4. Create affirmations that are meaningful to you, that say the opposite of what your inner critic is telling you. For example, if your inner critic is saying you are not smart enough, then create an affirmation that says something like, 'I am open to believing that I am enough just as I am'. Say the affirmation every morning at least three times when you wake up and again at night before you go to sleep. Make sure the affirmation is something you can believe!!!!
5. Reflect on your inner champion. Notice when it speaks to you and what it says? If it rarely speaks to you, what might it say if it spoke to you more often?
6. Stop and meditate! Regularly quieten your mind and feel a sense of inner peace. Meditation is a proven technique to reduce stress and improve concentration and focus. (If you don't know how to meditate, ask me to help you learn.)
7. Honour and nurture yourself on a regular basis. Do something for yourself that you really enjoy and that feels nourishing. This could include, going out for a coffee, having a massage or going for a walk. In treating yourself and doing something that you love, you will feel more positive about yourself and your life.
8. Listen to your intuition and act on its guidance. Notice when you listen to your intuition and when you ignore it and why? Intuition is about tapping into your inner guidance or compass. If you are thinking or analysing something, that isn't your intuition!
9. Reduce your negative language and try to say more positive things, whether it be about yourself, others, or situations. Remember, like attracts like.
10. Ask others for feedback. Share with them what your inner critic tells you and ask them for examples of whether this is true or false in their experience of you.

