

SKILLS MAP WORKSHEET: INNER CRITIC

Congratulations on your commitment to thriving personally and professionally. This skills map journey focuses on your **inner critic** and will provide insights, tools, and support to help you strengthen your ability to navigate this skill. As you watch the training videos, use this worksheet as a training aid.

REFLECTION AND SETTING INTENTION: *answer these **prior to** watching training videos*

What are the three biggest challenges I face when it comes to my **inner critic**?

How will being stronger in this skill help me either personally or professionally?

TOOLS AND PLANNING: *Answer these **while** watching training videos*

What are the most powerful insights, thoughts, or quotes I took away from this series of videos?

One tool I took away from this series of videos is...

How can the items listed above help me in overcoming my biggest challenges when it comes to my **inner critic**?

If I only remember one thing from this **inner critic** skill map journey, what is it?

ACTION STEPS: Answer these *after* watching training videos

How will I show up differently in managing my **inner critic** (what action will you take)?

What is one goal to help me improve in managing my **inner critic** that I can achieve in the next...?

DAY

WEEK

MONTH

6 MONTHS

Other resources or notes that can help me grow this skill: