

TRANSFORMING THE VOICE OF YOUR INNER CRITIC

What does your Inner Critic say?

How does it show up in the workplace?

- A) *Perfectionism*
- B) *Judging*
- C) *Shoulding*
- D) *Ridiculing*
- E) *Pessimistic Planning*
- F) *All of the above*

Other:

Draw and name your Inner Critic in the space below.

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On a scale of 1-5, how connected are you to your inner guide (1= low connection, 5= high connection)?

- A) 1
- B) 2
- C) 3
- D) 4
- E) 5

Describe your Inner Guide below.

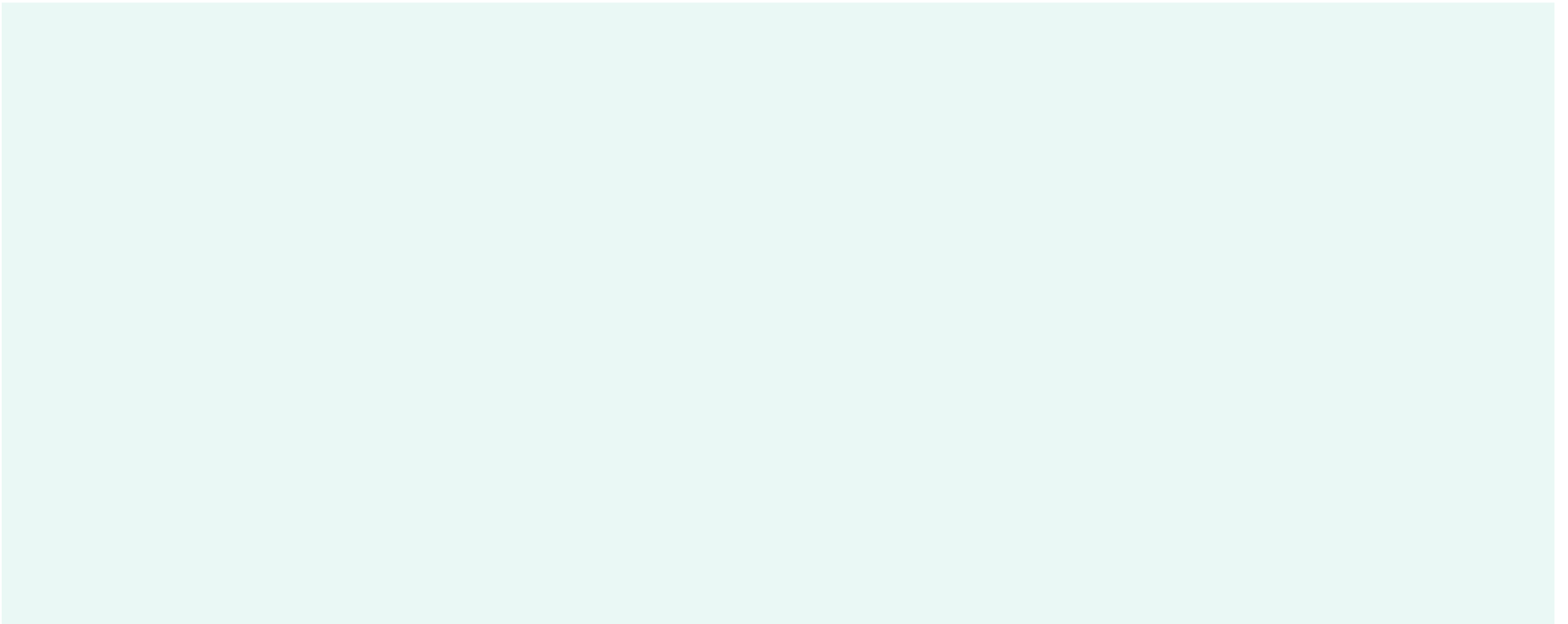
Draw and name your Inner Critic below.

How large is the distance between your Inner Guide and your living reality?

- A) Short
- B) Medium
- C) Long

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Which benefits are you most excited to experience when it comes to closing THE GAP?



Tools to close the gap:

- *Draw and name it - interact with it daily*
- *Make 3-5 decisions daily based on insights from your Inner Guide*
- *Create a reset saying*
- *Step into your creativity*

***Which of the tools above will you practice using over the next week?
Track your experiences below.***

