

This workbook is your space to begin the most important shift of all: moving from being run by your inner critic to being led by your Inner Authority.

This course isn't about perfection. It's about pattern-breaking. It's about recognizing the voice that doubts, delays, or diminishes you, and learning how to respond with clarity, courage, and truth.

TABLE OF CONTENTS

0.1 SKILL DEVELOPMENT: FRAME YOUR WHY & BEGIN FROM WITHIN	9
1.1 SKILL DEVELOPMENT: MEET YOUR INNER CRITIC WITH CLARITY AND COMPASSION	14
1.2 SKILL DEVELOPMENT: UNCOVERING THE ORIGINS OF THE INNER CRITIC	16
1.3 SKILL DEVELOPMENT: UNDERSTANDING THE CRITIC'S PURPOSE	26
2.1 SKILL DEVELOPMENT: MAPPING YOUR INNER CRITIC AS A COMPOSITE CHARACTER	30
2.2 SKILL DEVELOPMENT: MAKING THE CRITIC CONCRETE	35
3.1 SKILL DEVELOPMENT: SEPARATE THE PART FROM THE WHOLE	44
4.0 STEP 3: CONNECT WITH THE INNER CHILD'S EMOTION	53
5.0 REWIRING FROM INNER CRITIC TO INNER AUTHORITY	64
6.0 WHY ACTION IS THE ANTIDOTE TO THE CRITIC	71
7.0 FINAL REFLECTION: YOUR TRANSFORMATION MAP	77
8.0 APPENDIX	77

THRIVING IS A DIRECTION, NOT A DESTINATION

WELCOME TO YOUR INNER AUTHORITY PRACTICE

This workbook is your space to begin the most important shift of all: moving from being run by your inner critic to being led by your Inner Authority.

This course isn't about perfection. It's about pattern-breaking. It's about recognizing the voice that doubts, delays, or diminishes you, and learning how to respond with clarity, courage, and truth.

You're here because there's a part of you that knows:
You're capable of more presence. More alignment. More grounded confidence in who you are and how you lead.

We won't be diving into intensive therapeutic models like Internal Family Systems or Gestalt. Instead, we'll use a streamlined, real-world framework that's designed for leaders, creators, and humans navigating complexity. This is about practical inner work. It's something you can apply today, in your next meeting, decision, or moment of doubt.

THROUGHOUT THIS JOURNEY, YOU'LL:

- ✓ Map your personal critic patterns
- ✓ See clearly how they've shaped your reactions, choices, and energy
- ✓ Identify the voice of your Inner Authority
- ✓ Practice choosing aligned action, even when it's uncomfortable

Because here's the truth:

If we don't consciously connect with our Inner Authority, we will unconsciously react to Outer Authority - seeking approval, avoiding judgment, and limiting our power.

This is your opportunity to shift that dynamic.

To let your Inner Authority guide your next chapter.

To thrive from the inside out, not by getting it all right, but by choosing presence over protection, alignment over approval.

Let's begin.

0.1 SKILL DEVELOPMENT: FRAME YOUR WHY & BEGIN FROM WITHIN

YOU'RE NOT HERE TO JUST UNDERSTAND YOUR INNER CRITIC.

YOU'RE HERE TO RECLAIM YOUR ENERGY, REWIRE YOUR LEADERSHIP FROM THE INSIDE OUT, AND MOVE FROM REACTION TO CREATION. THESE EXERCISES HELP GROUND YOUR PERSONAL WHY AND CREATE THE EMOTIONAL COMPASS THAT WILL GUIDE YOU THROUGH THE COURSE.

0.1.1 YOUR OPENING INTENTION: FRAME YOUR WHY

Take a pause. Breathe. Then answer the following journal prompts:

Why did I say yes to this course right now, in this season of my life?

What part of me is tired of surviving, and ready to thrive?

If I could walk away with one change in how I lead or live, what would it be?

Tip: *Don't aim for perfect answers. Let your honesty be your clarity.*

0.1.2 NERVOUS SYSTEM ZONE MAPPING

Use the three-zone model to map where you are in different areas of your life:

ZONE	STAGE	NARRATIVE
COMFORT ZONE	Familiar, routine	"I know this pattern, but I'm outgrowing it."
GROWTH ZONE	Stretch, aligned discomfort	"This feels challenging, but true."
PANIC ZONE	Overwhelmed, disoriented	"I'm outside my window, I need to re-center."

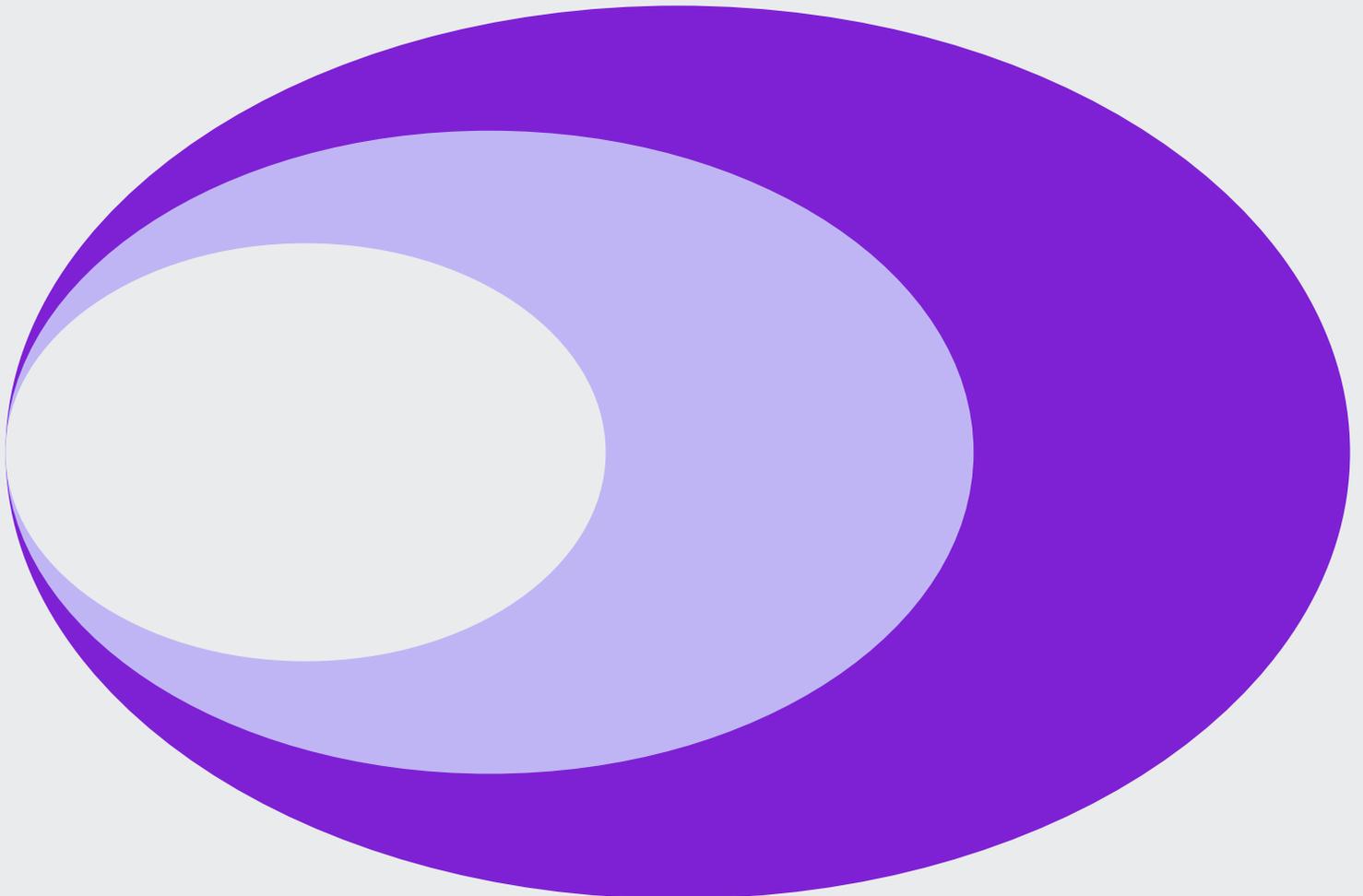
 **EXERCISE:**

Draw three overlapping circles or use the Zone Mapping worksheet.

Plot 3–5 areas of your life (leadership, relationships, creativity, wellbeing, purpose) and reflect:

- ✓ Where am I staying small out of habit?
- ✓ Where am I stretching in a healthy way?
- ✓ Where might I be over my edge and need support or boundaries?

This gives you a real-time intuitive map of where to lead from and where to adjust.



0.1.3 ANCHOR YOUR THRIVING STATE: CREATE YOUR EMOTIONAL COMPASS

Your inner critic is powered by fear, doubt, urgency, and shame. Your Inner Authority is powered by calm, connection, clarity, and courage. Let's create your own Thriving-State Emotional Palette, a set of emotional touchstones that remind you what your truest leadership feels like.

Instructions: From the list below, choose 5–7 emotions that describe:

- ✓ Not who you should be, but how you want to feel more often.
- ✓ And what your leadership looks like when you're fully alive.

Alive	Creative	Gentle	Open-hearted	Rooted
Awake	Curious	Grounded	Optimistic	Secure
Attuned	Decisive	Grateful	Peaceful	Self-trusting
Brave	Empowered	Honest	Playful	Supporter
Capable	Energized	Hopeful	Powerful	Tender
Centered	Engaged	Inspired	Present	Trusting
Clear	Expansive	Intuitive	Purposeful	Unshaken
Compassionate	Flowing	Joyful	Radiant	Unstoppable
Confident	Free	Kind	Relaxed	Worthy
Connected	Fulfilled	Loving	Resilient	

Prompt: "Leading fully from my Inner Authority and unburdened by my inner critic, I now feel...".

WRITE YOUR 5–7 EMOTIONS:















Keep this list visible and in your journal, on a sticky note, or as your phone wallpaper. Return to it often.

0.1.4 CLOSING ANCHOR: SELF-REFLECTION STATEMENT

Wrap this session with a self-authored truth. This helps integrate your intention into language and embodiment.

 **Write this sentence in your own words:**

"When I lead from my Inner Authority, I no longer have to
Instead, I get to

EXAMPLE:

"When I lead from my Inner Authority, I no longer have to prove myself. Instead, I get to trust myself and lead with grounded clarity."

This becomes a mantra to return to when self-doubt surfaces.

★ KEY INSIGHT:

"You don't thrive by chasing outcomes, you thrive by choosing aligned states that change how you live, decide, and lead in the moment."

Let this be your starting point. Because your why is what carries you through the resistance and back to your power.



1.1 SKILL DEVELOPMENT: MEET YOUR INNER CRITIC WITH CLARITY AND COMPASSION

YOUR INNER CRITIC ISN'T A FLAW, IT'S A LEARNED SURVIVAL STRATEGY. BUT WHEN LEFT UNCHECKED, IT BECOMES THE BIGGEST BLOCKER TO YOUR LEADERSHIP, CREATIVITY, AND FULFILLMENT.

THESE EXERCISES WILL HELP YOU UNDERSTAND WHERE YOUR CRITIC CAME FROM, HOW IT SPEAKS, AND HOW TO START CREATING SPACE BETWEEN ITS VOICE AND YOUR TRUTH.

1.1.1 INNER CRITIC DEFINITION & NORMALIZATION

PROMPT:

✎ Write down your first reaction to the phrase “inner critic.”

✎ What does it mean to you?

✎ When do you notice it most?

Then read this aloud or silently to yourself:

“EVERYONE HAS AN INNER CRITIC. IT’S NOT BROKENNESS, IT’S PROTECTION. A YOUNGER PART OF ME TRYING TO KEEP ME SAFE IN A WORLD THAT ONCE FELT UNPREDICTABLE OR UNSAFE. I NO LONGER HAVE TO FEAR IT. I CAN LISTEN WITH CURIOSITY, NOT OBEDIENCE.”

THIS REFRAME IS YOUR ENTRY POINT TO OBSERVING, NOT ABSORBING, YOUR CRITIC’S VOICE.

1.1.2 INNER CRITIC ORIGIN MAPPING

Take 5–10 minutes to reflect and journal on these questions:

PROMPT	RESPONSE
Whose voice(s) does my inner critic echo? (e.g. parent, teacher, culture)	
What messages did I absorb early about success, failure, or visibility?	
What did I learn it meant to be “safe” or “good”?	
How has that shaped the way I talk to myself today?	

THIS REVEALS THE ROOTS OF YOUR INNER CRITIC, SO YOU CAN SEPARATE PAST CONDITIONING FROM PRESENT TRUTH.

1.1.3 IMPACT INVENTORY: HOW THE CRITIC AFFECTS MY LEADERSHIP

List 3 recent moments where your inner critic may have been in the driver's seat:

SITUATION	CRITIC MESSAGE	IMPACT
Presented to exec team	"You're not polished enough"	Over-prepared, shut down new ideas
Delayed tough feedback	"What if they get upset?"	Avoided conflict, felt resentment later
Client pitch felt off	"You're probably wrong"	Ignored gut, missed the moment to shift tone

This helps you spot your "critic tells" the signals that fear is leading instead of intuition.

1.1.4 CRITIC LANGUAGE DECODER: NOTICE THE TONE

Pay attention to how your inner critic sounds. Common signs:

HARSH ABSOLUTES

"Always," "Never,"
"You're not enough"

URGENCY

"You have to decide
now!"

SHAME TRIGGERS

"They're going to see
right through you"

COMPARISON LOOPS

"Why can't you be more
like..."

1.1.5 COST ASSESSMENT: WHAT'S THE PRICE OF LETTING THE CRITIC LEAD?

REFLECT:

✎ Where has the critic caused me to shrink, delay, or self-sabotage?

✎ What opportunities have I avoided out of fear of not being enough?

✎ What's the emotional cost, exhaustion, resentment, burnout of living in self-judgment?

PROMPT:

✎ "The cost of staying small to stay safe is

This deepens your why for doing the work to disarm the critic and lead from your core.

★ KEY INSIGHT:

"YOUR INNER CRITIC ISN'T THE ENEMY. BUT IT'S NOT YOUR TRUTH EITHER. YOUR JOB ISN'T TO DESTROY IT. IT'S TO STOP MISTAKING IT FOR YOUR VOICE."

WHEN YOU UNDERSTAND YOUR CRITIC'S ROOTS AND ROLE, YOU DON'T HAVE TO OBEY IT, YOU CAN RESPOND WITH PRESENCE, POWER, AND PERMISSION TO LEAD.

1.2 SKILL DEVELOPMENT: UNCOVERING THE ORIGINS OF THE INNER CRITIC

YOUR INNER CRITIC DIDN'T COME OUT OF NOWHERE. IT WAS SHAPED BY YOUR EARLIEST ENVIRONMENTS. THE EXPECTATIONS, MESSAGES, AND POWER DYNAMICS YOU LEARNED TO NAVIGATE.

THIS SECTION HELPS YOU TRACE THOSE ROOTS SO YOU CAN BEGIN CHOOSING WHAT STAYS AND WHAT NO LONGER SERVES.

1.2.1 MAP YOUR INNER AUTHORITY TIMELINE

EXERCISE:

Inner Critic Origin Reflection

Spend 10–15 minutes mapping key messages you internalized from different life stages. Use the table below or a journal.

LIFE STAGE	EXTERNAL AUTHORITY FIGURES	MESSAGE I INTERNALIZED	CRITIC VOICE TODAY
<i>Childhood (0–10)</i>	<i>Parent, teacher, religious figure</i>	<i>“Be good and quiet.”</i>	<i>“Don’t speak up or you’ll get in trouble.”</i>
<i>Adolescence</i>	<i>Coaches, peers, media</i>	<i>“Win or you’re worthless.”</i>	<i>“You’re behind. Work harder.”</i>
<i>Early career</i>	<i>Boss, company culture</i>	<i>“Don’t mess up or they’ll notice.”</i>	<i>“Play it safe. Stay invisible.”</i>

1.3 SKILL DEVELOPMENT: UNDERSTANDING THE CRITIC'S PURPOSE

**YOUR INNER CRITIC EXISTS FOR A REASON, BUT IT WASN'T BUILT TO LEAD.
IT WAS BUILT TO PROTECT.**

**THESE PRACTICES WILL HELP YOU UNDERSTAND ITS PROTECTIVE ROOTS,
REFRAME ITS ROLE, AND BEGIN TO SHIFT YOUR INTERNAL SYSTEM FROM
SURVIVING TO THRIVING.**

1.3.1 REFRAME THE CRITIC'S PURPOSE

Take a moment to drop in and journal:

✎ What does my inner critic try to protect me from? (e.g. *failure, embarrassment, judgment, conflict*)

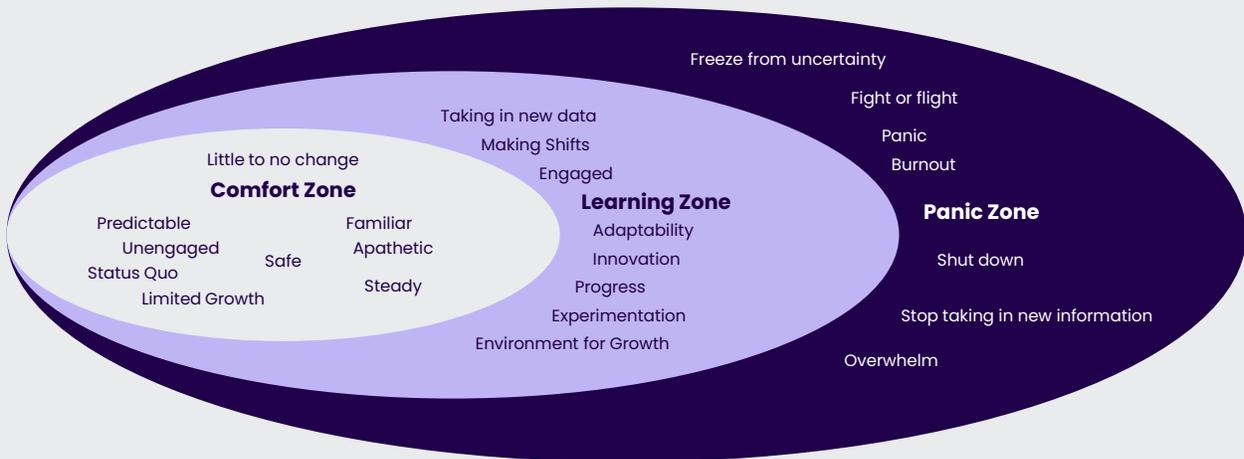
✎ What uncomfortable experiences do I fear when I take risks or step up?

✎ If my critic had a job title, what would it be? (e.g. "The Protector," "The Enforcer," "The Avoidance Strategist")

★ KEY INSIGHT:

This begins the internal dialogue, moving from enemy to function. When you name the critic's job, you gain choice in how you respond.

1.3.2 MAP YOUR ZONES: COMFORT, GROWTH, AND PANIC



Now, place 3–5 current challenges or decisions in the zone where they currently sit for you.

PROMPT:

✎ Which situations am I avoiding because my critic says I'm not ready?

✎ Which are actually growth in disguise?

This helps you spot where your critic is overfunctioning and where your leadership is underutilized.

★ KEY INSIGHT:

“YOUR CRITIC WAS WIRED FOR SAFETY. BUT YOU WERE MADE FOR EXPANSION.”

WHEN YOU UNDERSTAND THE INNER CRITIC'S PURPOSE AND BUILD THE TOOLS TO DISCERN, REFRAME, AND LEAD FROM BEYOND IT, YOU MOVE FROM REACTION TO CHOICE. FROM PROTECTION TO POWER.

1.4 SKILL DEVELOPMENT: RECLAIMING YOUR INNER AUTHORITY THROUGH THE 3-PART SYSTEM

You don't need to "get rid of" your inner critic, you need to re-establish your internal leadership system. These practices help you recognize the voices at play and consciously shift from Critic-driven reactions to Authority-led responses, (conflict).

1.4.1 MAP YOUR ZONES: COMFORT, GROWTH, AND PANIC

Take 5 minutes to define these three parts in your own words, using examples from your real life.

PART	ROLE	HOW IT SOUNDS TO YOU
Inner Authority	Grounded adult self; leads with clarity, calm, and alignment	"Take your time. You've handled bigger than this."
Inner Critic	Protective manager; uses control or shame to keep you 'safe'	"You're going to mess this up. Better stay quiet."
Inner Child	Vulnerable creative self; feels fear, longing, or joy	"I want to feel safe to create."

THIS GIVES YOU A CLEAR INTERNAL MAP TO REFERENCE WHEN TENSION OR DOUBT SHOWS UP.

1.4.2 THE INNER TAKEOVER SEQUENCE: SPOT THE PATTERN

Use this trigger tracing exercise to catch the critic in motion.

PROMPT:

Think of a moment recently when you froze, snapped, withdrew, or spiraled in self-doubt. Then fill in this sequence:

- ✓ Trigger (What happened externally?)
- ✓ Inner Child Response (What did I feel threatened by?)
- ✓ Critic Reaction (What did it say or do to “protect” me?)
- ✓ Inner Authority Status (Was it online, or pushed out?)
- ✓ What I Needed Instead (What would my Inner Authority have done or said?)

SEQUENCE STEP	MY RESPONSE
Trigger	“Client pushed back on my strategy”
Inner Child	“They don’t respect me. I’m not good enough.”
Inner Critic	“You clearly aren’t prepared. Just agree and move on.”
Inner Authority (Offline)	“Didn’t speak up, felt small and frustrated.”
Needed Instead	“Take a breath. Clarify the misalignment. Stay grounded.”

This rewires awareness in real time, from automatic reaction to conscious response.

★ KEY INSIGHT:

“THE CRITIC ISN’T THE PROBLEM. IT’S THE ABSENCE OF YOUR AUTHORITY THAT GIVES IT POWER.”

YOU’RE NOT HERE TO SILENCE YOUR VULNERABILITY. YOU’RE HERE TO LEARN HOW TO HOLD IT, LEAD IT, AND MOVE FORWARD WITH CLARITY. THAT’S REAL LEADERSHIP. THE KIND THAT STARTS FROM WITHIN.

1.5 SKILL DEVELOPMENT: THE REWIRING PATHWAY: 5 STEPS TO RETURN TO INNER AUTHORITY

This practice is about shifting power from the Inner Critic to the part of you best equipped to lead your Inner Authority. It's not just mindset work; it's nervous system rewiring. These five steps create a repeatable pattern to build emotional resilience, self-leadership, and intuitive decision-making.

STEP 1 OF 5: IDENTIFY THE INNER CRITIC'S VOICE

Start by catching the critic in the moment.

REFLECTION PROMPTS:

- ✓ What is my inner critic saying right now?
- ✓ What tone does it use (sharp, rushed, shaming)?
- ✓ Whose voice does it sound like - a parent, teacher, cultural message?

JOURNAL PROMPT:

✎ The critic is saying:

✎ It reminds me of:

Awareness defuses the critic's automatic control. Naming is the beginning of reclaiming.

STEP 2 OF 5: DISCOVER THE CRITIC'S PROTECTIVE INTENTION

Behind every critic is a fear it's trying to manage.

ASK:

- ✓ What is the critic trying to prevent?
- ✓ What pain, shame, or vulnerability is it guarding?

EXAMPLES:

"It's trying to prevent me from being judged."

"It's protecting me from another failure."

This helps you shift from shame to understanding, from being hijacked to being curious.

STEP 3 OF 5: CONNECT WITH THE INNER CHILD'S EMOTION UNDERNEATH

The critic speaks for a vulnerable part of you that doesn't feel safe. Tune into it directly.

PROMPT:

- ✓ What am I feeling underneath this (fear, shame, loneliness)?
- ✓ What does that part of me need right now? (to be seen, reassured, accepted?)

OPTIONAL EXERCISE:

Put a hand on your chest or belly and say silently:

"I SEE YOU. YOU'RE SCARED, AND THAT'S OKAY. I'M HERE WITH YOU."

You're building an internal relationship, turning toward, not away.

STEP 4 OF 5: ACTIVATE YOUR INNER AUTHORITY

Now step into your grounded, present-day self. Speak from clarity.

Ask:

- ✓ What do I know is true right now?
- ✓ What belief or truth supports growth over fear?

WRITE A REFRAME:

"Even though my critic says _____, I choose to believe _____."

EXAMPLE:

"EVEN THOUGH MY CRITIC SAYS I'LL MESS THIS UP, I CHOOSE TO BELIEVE I'M READY TO LEARN AND LEAD THROUGH THIS."

REFRAMING IS A POWERFUL NEURAL REDIRECT, BUILDING NEW PATHWAYS FOR TRUST AND TRUTH.

STEP 5 OF 5: TAKE ONE OPPOSITE ACTION STEP

Intuition becomes leadership when it moves into motion. Now act against the critic's old programming.

CHOOSE A MICRO-ACTION:

- ✓ Speak a truth you've been avoiding
- ✓ Set a small boundary
- ✓ Ask a vulnerable question
- ✓ Pause instead of reacting

CRITIC SAYS	OPPOSITE ACTION
"Don't say that, you'll sound stupid"	Share the idea anyway
"Just say yes"	Practice saying "I need time to think"
"Be perfect or stay silent"	Say it messy, but say it real

EVEN A 2% ACTION CREATES NEW EVIDENCE AND NEW WIRING.

 Notes

INTEGRATION TRACKER: WEEKLY REWIRE LOG

Reflection strengthens the circuit. You're not just reacting, you're rewiring.

TRIGGER MOMENT	CRITIC SAID	INNER CHILD FELT	INNER AUTHORITY BELIEVED	OPPOSITE ACTION TAKEN
<i>Team pushed back on idea</i>	<i>"You're not smart enough"</i>	<i>Embarrassed, exposed</i>	<i>"Your idea has value"</i>	<i>Reiterated the idea clearly</i>

KEY INSIGHT:

"EACH TIME YOU PAUSE AND RESPOND FROM INNER AUTHORITY, YOU BECOME THE LEADER YOUR INNER CHILD ALWAYS NEEDED."

THIS IS THE PRACTICE OF EMBODIED SELF-LEADERSHIP. NOT JUST CHANGING THOUGHTS, BUT CHANGING YOUR INTERNAL ARCHITECTURE AND EXTERNAL BEHAVIOR, ONE CHOICE AT A TIME.

THE REWIRING PATHWAY: RETURNING TO SELF-LEADERSHIP

To shift this pattern and rewire your inner response, we will follow this 5-step practice:

1

IDENTIFY THE INNER CRITIC'S VOICE

What's it saying? Whose voice does it remind you of?



2

DISCOVER THE CRITIC'S UNDERLYING INTENTION

What is it trying to prevent or protect? What fear is it managing?



3

CONNECT WITH THE INNER CHILD'S EMOTION UNDERNEATH

What feeling or need is really at play (e.g., to be safe, seen, accepted)?



4

ACTIVATE YOUR INNER AUTHORITY

Choose a belief or truth that honors your inner child but is led by your grounded, present-day self.



5

OPPOSITE ACTION STEPS

Take a micro-action (setting a boundary, speaking your truth, pausing instead of reacting) to create new neural wiring.

TAKE A MICRO-ACTION (SETTING A BOUNDARY, SPEAKING YOUR TRUTH, PAUSING INSTEAD OF REACTING) TO CREATE NEW NEURAL WIRING.

2.1 SKILL DEVELOPMENT: MAPPING YOUR INNER CRITIC AS A COMPOSITE CHARACTER

YOU CAN'T CHANGE WHAT YOU CAN'T SEE. THIS MODULE HELPS YOU BRING YOUR INNER CRITIC INTO THE LIGHT TO EXPLORE ITS SHAPE, TONE, ORIGINS, AND TACTICS. THESE ARE THE INHERITED SCRIPTS THAT ARE HOLDING YOU BACK.

WHEN YOU EXTERNALIZE THE CRITIC AND NAME IT AS A COMPOSITE CHARACTER, YOU CREATE DISTANCE, CLARITY, AND POWER.

2.1.1 UNEARTH YOUR SCRIPTS: WHERE DID YOUR CRITIC BEGIN?

Use this journal reflection to trace the inherited messages your inner critic still runs on.

PROMPTS:

- ✓ What were you praised or punished for growing up?
- ✓ What did you learn was “not okay” to be too loud, too sensitive, too messy?
- ✓ What did success mean in your early environment? What about failure?
- ✓ Whose voices do you still hear when your critic gets loud?

EARLY MESSAGE	SOURCE	INNER CRITIC TRANSLATION
<i>“Don’t draw attention to yourself”</i>	<i>Parent/teacher</i>	<i>“Stay invisible or you’ll be judged”</i>
<i>“Only A+ is good enough”</i>	<i>Family</i>	<i>You must be perfect to be worthy”</i>

THESE BECOME THE SOFTWARE YOUR CRITIC RUNS ON. IT’S TIME TO DEBUG THE CODE.

2.1.3 ARCHETYPE MATCHING: SPOT YOUR CRITIC'S PERSONA 10 INNER CRITIC ARCHETYPES

The Perfectionist

"It's never good enough."

1. Drives you to overwork, over prepare, and delay action.
2. Fears failure, judgment, or being seen as inadequate.
3. Results in burnout and paralysis by analysis.

The Impostor

"You don't belong here"

1. Convinces you that your success is luck.
2. Makes you feel like a fraud despite real accomplishments.
3. Undermines confidence in taking bold leadership roles.

The People-Pleaser

"Keep everyone happy or be rejected."

1. Avoids conflict, suppresses authentic expression.
2. Says yes too often, leading to resentment or burnout.
3. Struggles to set healthy boundaries or prioritize self.

The Controller

"If you don't control it, it will fall apart."

1. Doesn't trust others to deliver things well.
2. Micromanages or over-functions in team dynamics.
3. Undermines collaboration, innovation, and delegation.

The Comparer

"You're not as good as they are."

1. Constantly measures self-worth against others.
2. Feeds insecurity; steals presence and joy.
3. Blocks creative risk-taking and authentic leadership.

The Inner Pusher

"You keep going or you'll fall behind"

1. Obsessed with productivity and achievement.
2. Equates self-worth with doing, not being.
3. Ignores rest, reflection, and sustainability, leading to burnout.

The Avoider

"It's safer not to face this."

1. Dodges discomfort, hard conversations, or decisions.
2. Fears failure/ rejection, avoids taking action.
3. Sabotages growth by staying in the comfort zone.

The Guilt-Tripper

"You're letting people down."

1. Uses guilt to discourage boundaries or personal growth.
2. Keeps you emotionally tied to expectations.
3. Triggers shame and limits empowered decision-making.

The Victim

"This always happens to me."

1. Sees circumstances as beyond personal control.
2. Avoid responsibility, blaming external factors.
3. Hinders leadership ownership and resourcefulness.

The Skeptic

"Don't get your hopes up."

1. Doubts new ideas, possibilities, or change efforts.
2. Protects against disappointment by staying cynical.
3. Discourages innovation, vulnerability, and trust.

EXERCISE:

Circle or highlight your top 1–2 archetypes. These are the masks your critic wears most often in leadership, relationships, and growth.

Understanding the archetype helps you predict the critic’s behavior and intercept it.

2.1.4 NAMING CEREMONY: EXTERNALIZE YOUR CRITIC WITH HUMOR + CLARITY

PROMPT:

Pick a light-hearted, exaggerated, or symbolic name for your inner critic composite character. The goal isn’t mockery, it’s separation with compassion.

EXAMPLES:

- ✓ Drama Dan
- ✓ Controlzilla
- ✓ Perfectionista
- ✓ Wendy the Worrywart
- ✓ The Spreadsheet Sheriff

WHY THIS MATTERS:

“NAMING CREATES SPACE. SPACE CREATES CHOICE.”

WHEN YOU RECOGNIZE “OH, THAT’S JUST CONTROLZILLA TALKING,” YOU DISIDENTIFY FROM THE STORY. YOU STOP LETTING IT DRIVE.

*Print or save this profile. You’ll work with it throughout the course.

★ KEY INSIGHT:

“YOUR CRITIC IS A CHARACTER, NOT YOUR CORE. THE MORE CLEARLY YOU SEE IT, THE LESS POWER IT HAS.”

MAPPING YOUR CRITIC IS THE FIRST ACT OF RECLAIMING YOUR INNER LEADERSHIP. YOU DON’T NEED TO SILENCE IT, JUST STOP MISTAKING IT FOR TRUTH.

2.2 SKILL DEVELOPMENT: MAKING THE CRITIC CONCRETE

AWARENESS IS POWER. THE MORE TANGIBLE YOUR INNER CRITIC BECOMES - ITS VOICE, ITS BEHAVIOR, ITS IMPACT ON YOUR MOOD AND POSTURE, THE EASIER IT IS TO SEPARATE FROM IT.

THIS EXERCISE WILL HELP YOU IDENTIFY THE FULL-BODY EXPERIENCE OF THE CRITIC SO YOU CAN INTERRUPT THE PATTERN IN REAL TIME.

2.2.1 VISUALIZE: THE CRITIC IN THE DRIVER'S SEAT

PROMPT:

Close your eyes and imagine a moment when your inner critic was fully running the show. Maybe it was a high-stakes meeting, a difficult conversation, or a moment of self-doubt.

Now reflect on these four dimensions. Write down what you notice.

2.2.1.1 VOICE, MESSAGES & BELIEFS

✎ What does your critic sound like?

✎ Is the tone harsh, cold, anxious, fast, dismissive?

✎ What phrases does it repeat?

EXAMPLES:

- ✓ "You're not ready."
- ✓ "They're going to judge you."
- ✓ "This needs to be perfect."
- ✓ "Stay small. Don't screw it up."

WRITE 3-5 OF YOUR CRITIC'S GO-TO LINES. THESE ARE OFTEN SUBCONSCIOUS SCRIPTS YOU CAN START TO CATCH AND CHALLENGE.

2.2.1.2 BEHAVIORS & ACTIONS

✎ What do you do (or not do) when your critic is leading?

✎ How does it affect your communication, decision-making, or leadership?

EXAMPLES:

- ✓ Over-explaining
- ✓ Withholding your opinion
- ✓ Avoiding risk or conflict
- ✓ Saying yes when you mean no
- ✓ Procrastinating or over-preparing

List 3–5 specific behaviors that happen when your critic is in charge.

2.2.1.3 MOODS & EMOTIONS

✎ What emotional state does the critic activate?

✎ How does your inner world shift?

EXAMPLES:

- ✓ Self-doubt
- ✓ Anxiety
- ✓ Frustration
- ✓ Shame
- ✓ Numbness
- ✓ Irritation at others

Note the 2–3 most common emotions that come up. This is your inner weather report when the critic is driving.

2.2.1.4 BODY LANGUAGE & PHYSICAL POSTURE

✎ How does your body respond?

✎ What sensations or postures show up?

EXAMPLES:

- ✓ Shoulders tense or hunched
- ✓ Jaw clenched
- ✓ Eyes downward or scanning for threat
- ✓ Breath shallow or held
- ✓ Stomach tight
- ✓ Spine collapsed

✎ Sketch or describe your “Critic Posture.” It’s often a physical cue that you’re no longer in your power.

2.2.1 BUILD YOUR “CRITIC IN CONTROL” SNAPSHOT

Now pull it all together. Fill-in this template to summarize your critic’s presence:

DOMAIN	YOUR EXPERIENCE WHEN CRITIC IS LEADING
Voice	“Fast, harsh, perfectionistic”
Beliefs	“You have to be twice as good to belong”
Behaviors	“Play small, avoid conflict, over-prepare”
Emotions	“Tight, anxious, frustrated”
Body	“Slumped posture, chest tight, breath shallow”

Print or save this summary. This is your Critic Operating Mode Map and it’s the pattern you’re learning to recognize, interrupt, and replace.

★ KEY INSIGHT:

“WHEN YOU CAN RECOGNIZE YOUR CRITIC NOT JUST AS A THOUGHT, BUT AS A FULL-BODY STATE, YOU BUILD THE POWER TO SHIFT IN REAL TIME.”

THE CRITIC THRIVES IN THE SHADOWS. BUT WHEN YOU NAME IT, FEEL IT, AND TRACK IT, YOU MAKE THE INVISIBLE VISIBLE AND THAT’S WHEN YOUR INNER AUTHORITY CAN STEP IN AND LEAD.

3.1 SKILL DEVELOPMENT: SEPARATE THE PART FROM THE WHOLE

YOUR INNER CRITIC IS A PART OF YOU, NOT THE WHOLE TRUTH OF WHO YOU ARE. THESE PRACTICES WILL HELP YOU MOVE FROM FUSION (WHERE THE CRITIC FEELS LIKE “ME”) TO LEADERSHIP (WHERE THE CRITIC IS ONE PERSPECTIVE, NOT THE AUTHORITY).

THIS IS WHERE REAL INTERNAL FREEDOM BEGINS.

3.1.1 SPOT THE FUSION: “I AM” VS. “A PART OF ME”

Start tracking your language when the critic shows up.

PROMPT:

Notice when you say things like:

“I’M NOT GOOD ENOUGH.” → REFRAME AS: “A PART OF ME BELIEVES I’M NOT GOOD ENOUGH.”

“I ALWAYS SCREW THIS UP.” → “A PART OF ME FEARS FAILURE AND WANTS TO PROTECT ME.”

MINI-JOURNAL:

Write down 3 recent inner critic statements and reframe them as “a part of me...”
This subtle shift creates separation, which creates choice.

This is the first move from identification → observation → leadership.

3.1.2 PRACTICE: REFRAME THE CRITIC AS A SIGNAL, NOT A TRUTH

Critics often show up right at the edge of expansion. Use it as a flag, not a fact.

PRACTICE EXERCISE:

When the critic speaks, pause and ask:

- ✓ “What is the fear underneath this message?”
- ✓ “What is this trying to warn me about?”
- ✓ “What might my Inner Authority say in response?”

EXAMPLE:

- ✓ Critic: “Don’t speak up. They’ll think you’re stupid.”
- ✓ Signal: “You’re about to be visible. That feels risky.”
- ✓ Authority: “It’s okay to be seen. Your voice adds value.”

This reframes the critic from saboteur → early warning system.

3.1.3 NAME & TAME THE PATTERN

Naming creates space. Space creates choice. Give your critic a personality and tone.

EXAMPLES:

- ✓ "Doubt Debbie" – pops up every time you launch something new.
- ✓ "Commander Control" – insists you can't relax until everything is perfect.
- ✓ "The Pusher" – tells you to keep working, even when you're exhausted.

NAME & TAME THE PATTERN

NICKNAME	ARCHETYPE	TYPICAL PHRASE	PROTECTIVE INTENT
<i>Doubt Debbie</i>	<i>Impostor</i>	<i>"You're not qualified."</i>	<i>Avoid embarrassment</i>
<i>The Pusher</i>	<i>Perfectionist</i>	<i>"Work harder, prove your worth."</i>	<i>Avoid judgment</i>

Keep this nearby as a signal decoder. When the voice appears, you'll recognize the pattern and respond from power, not panic.

KEY INSIGHT:

"THE CRITIC ISN'T THE ENEMY. IT'S A PART OF YOU TRYING TO HELP WITH OUTDATED TOOLS."

YOUR POWER COMES NOT FROM SILENCING THIS PART, BUT FROM RECOGNIZING IT EARLY, HEARING ITS DEEPER MESSAGE, AND CHOOSING TO LEAD FROM A WISER PLACE.

3.2 THE “PAUSE AND PATTERN INTERRUPT” METHOD

Objective: Build the internal skill to pause, identify the critic in action, and consciously re-engage from your Inner Authority.

PRACTICE:

3–5 Day Critic Tracking Challenge: For the next 3–5 days, track your inner critic in real time. Every time it shows up:

- ✓ Pause.
- ✓ Label it: Say to yourself or aloud, "This is my [Critic Name] speaking" or "[Critic Name] is active."
- ✓ Breathe: Take 3 slow breaths.
- ✓ Interrupt the pattern.
- ✓ This builds the neural habit of awareness + choice.

Pattern Interrupters Toolkit: Use any of these in-the-moment disruptors to regain your Inner Authority:

1. COUNT TO 10 BEFORE REACTING

Especially when emotionally triggered. This simple delay creates space to shift from reaction to response.

2. ACKNOWLEDGE THE CRITIC WITH COMPASSION

Say: "I hear you [Critic Name]. I know you're trying to protect me. I'll take your concerns into account, and I'll make the best decision from my grounded self." This respects the critic's intention while reclaiming your leadership.

1. BREATHE AND REDIRECT

After acknowledging the critic, take 3 full breaths and ask: "What does my Inner Authority know to be true right now?"

2. USE HUMOR OR EXAGGERATION

Say: "Okay, Controlzilla, I see you're back on the mic!" Humor defuses intensity and reconnects you to perspective.

1. BODY CHECK-IN

Ask: "Where do I feel this in my body?" Just noticing the sensation shifts you from mental loops to somatic presence.

Closing Anchor: Every time you pause and make a conscious choice, you strengthen your leadership from the inside out. This is not about silencing the critic, it's about relating to it from a place of presence and power.

3.2 EXERCISE 2: INNER CRITIC AWARENESS JOURNAL

Your critic is most powerful when it operates in the background. But the moment you bring it into the light, its grip loosens. This practice is about building conscious awareness of the critic's patterns in your daily life. The more you journal, the more you'll see the repetitive themes, triggers, and emotional impact. And most importantly, you'll learn to access your Inner Authority in real time.

This isn't about obsessively tracking every thought, it's about pattern recognition. Because once you spot the pattern, you can shift it. Your goal isn't to silence the critic, it's to develop a daily dialogue where your Inner Authority can reassert leadership.

Skill Development: Inner Critic Awareness Journal (7-Day Practice)

Each day this week, take 5–10 minutes to reflect and journal using the prompts below. You can write at the end of the day or immediately after a triggering moment. The key is consistent reflection.

DAILY CRITIC AWARENESS PROMPTS:

- 1. When did the critic show up?** Note the day, time, and location.
- 1. What triggered it?** Identify the person, situation, or emotion that brought the critic online.
- 1. What did it say?** Capture the specific inner dialogue.
- 1. What script or message did you hear?** What archetype or persona did it match?
- 2. Reference your chosen critic character.** Example: *"This sounded like The Perfectionist" or "That was totally Doubt Debbie."
- 1. What emotion or behavior followed?** Describe what you felt (anxiety, shame, anger) and what you did (withdrew, overworked, people-pleased).

Reframe Prompt: What would my Inner Authority say instead?

Close each entry by imagining your grounded self responding.

Example: "I understand you're trying to protect me, but I'm safe to show up as I am."

Closing Anchor: The goal here isn't perfection. It's presence.

With every page, you're reclaiming your voice and authority from outdated scripts. You're choosing leadership over fear, clarity over noise, and self-trust over self-doubt.

And that, more than anything, is the practice of intuitive leadership.

3.4 WHY THE CRITIC ISN'T THE ENEMY

"The inner critic is not your enemy. It's a younger version of you, doing its best to keep you safe, with outdated instructions."

Let's challenge the dominant narrative: that the critic is something to banish or overcome. What if the most effective leaders don't fight their critic, but partner with it? Here's the shift: We don't exile the critic. We update its role.

Start with this reflection: "Think back to a moment recently when your inner critic got loud. What was it saying?
And deeper still, what was it trying to prevent?"

Most of us silence or argue with our critic. But as leaders, the greater invitation is to integrate. This unlocks personal clarity, emotional regulation, and a more grounded leadership presence.

UNDERSTANDING THE INNER CRITIC

The critic developed early, often before your adult logic and capabilities came online. Its job was to help you avoid:

- ✓ Failure, Embarrassment, Rejection, and, Shame

Back then, the critic was a survival strategy.
Today? It's using an old playbook. It's time to update the operating system.

SKILL SET 1

Recognize the Voice of the Critic

"The critic often sounds harsh or urgent. But listen underneath, the message is protective, not punitive."

Practice: Name your critic: e.g., "The Controller," "The Doubter," "The Inner Parent."

Write recurring phrases: "You're not good enough," "Don't mess this up," etc.

Ask: What fear is this voice protecting me from?

Why it matters: Naming the critic creates space, you're observing it, not being overtaken by it.

SKILL SET 2

Use the "Yes/And" Response

"This is the real move. Leaders collapse or overcompensate when the critic speaks. But intuitive leaders say: Yes/And."

Leadership Script:

"Yes, I hear you. You're worried I'll fail again. And I've learned. I've prepared. I'm showing up anyway."

Pro-Tip: Say this in front of a mirror. You'll feel your nervous system begin to shift.

Leadership Impact: Models emotional presence and trust, even in discomfort.

3.5 TALK TRACK: ACCESSING THE POSITIVE INTENTION BEHIND THE INNER CRITIC

“The inner critic doesn’t need to be silenced, it needs to be understood.”

In leadership and life, one of the most overlooked skills is learning how to relate to the inner critic with curiosity, not confrontation. This is the gateway to transformation. When we resist the critic, it tightens its grip. When we listen, we unlock the hidden logic behind its voice.

What you’re about to learn is how to uncover the positive intent behind your critic’s message. Not because it’s always right, but because it was built to serve a purpose. Understanding that purpose is how you update the system and take back your leadership.

SKILL SET 1 SHIFT FROM CONFRONTATION TO CURIOSITY

What It Looks Like: Most people try to push the critic away. Strong leaders lean in with grounded curiosity.

Core Practice: When the critic speaks up, pause and say (internally or aloud):
“I hear you. I’m open to understanding.”

Why It Works: Curiosity lowers the threat level. It invites a part of you that’s been bracing to finally speak.

Leadership Impact: This shift builds emotional agility, which is essential for self-aware, adaptive leadership.

SKILL SET 2 IDENTIFY THE SHADOW BENEFIT

The critic keeps speaking because it’s getting something out of it, safety, control, invisibility.

Ask Yourself:

- “What benefit is this inner critic getting by staying in charge?”
 - ◆ Avoiding risk?
 - ◆ Preventing rejection?
 - ◆ Keeping me in my comfort zone?

Now ask:

- “Is this benefit still relevant for who I am today?”
- “What am I ready to do differently?”

Leadership Impact: Recognizing the shadow benefit helps you recode outdated behaviors that no longer serve your goals.

SKILL SET 3 USE CORE INVESTIGATIVE QUESTIONS

These questions are like opening a dialogue with an old internal advisor who's been operating on autopilot.

Write or say the following prompts in a reflective moment:

- "I hear you. What you're telling me is _____."
 - ◆ Reflect what you're hearing, without judgment.
- "And while I know it's not the full picture, I can imagine that was true at one point... or maybe even partly true now."
 - ◆ Acknowledge its historical value without giving it full authority today.
- "If you could help me understand, I'd be grateful."
 - ◆ Signals a shift in power: the adult you is in charge, but receptive.
- "What are you trying to protect me from?"
 - ◆ Uncovers core fears (failure, humiliation, being seen, etc.)
- "What do you need me to hear or acknowledge right now?"
 - ◆ Validates its message without reinforcing its power.

Leadership Impact: You go from reactive self-talk to strategic self-leadership. Emotional insight becomes a leadership asset.

FINAL THOUGHT

This process is not about fixing yourself. It's about learning to lead yourself with deeper insight, compassion, and intuition. That's what unlocks sustainable growth and authentic power.

 Notes

 Notes

A large, empty white rectangular area intended for taking notes.

MODULE 4:

STEP 3: CONNECT WITH

THE INNER CHILD'S

EMOTION

YOUR INNER CRITIC IS A PART OF YOU, NOT THE WHOLE TRUTH OF WHO YOU ARE. THESE PRACTICES WILL HELP YOU MOVE FROM FUSION (WHERE THE CRITIC FEELS LIKE “ME”) TO LEADERSHIP (WHERE THE CRITIC IS ONE PERSPECTIVE, NOT THE AUTHORITY).

THIS IS WHERE REAL INTERNAL FREEDOM BEGINS.

4.2 TALK TRACK: STEP 1: FEEL WHAT THE CRITIC IS PROTECTING

“UNDER EVERY INNER CRITIC IS AN INNER CHILD,
WAITING TO BE FELT, NOT FIXED.”

In this step, we move from cognitive understanding to embodied awareness. Once you’ve uncovered what your inner critic is trying to protect, you now ask the most transformative question:

“WHAT IS THE FEELING UNDER THE STORY”

This is the moment of real integration. Because the critic isn’t just mental, it’s somatic. It’s not just a voice. It’s a nervous system pattern. And the most effective way to shift it isn’t through logic, but through presence.

This is where **emotional intelligence becomes embodied leadership**. It’s about learning to feel what we used to avoid, without judgment, without urgency, just presence.

WHY THIS MATTERS

The critic’s job is to guard old wounds, often from moments where we felt:

- ✓ Exposed, Ashamed, Powerless, Not good enough

By tracking the **body’s signals**, we bypass mental defenses and access the root emotion the critic is shielding. This is where true healing and updated leadership wiring happens.

 Notes

SKILL SET 1: SOMATIC TRACKING

"YOUR BODY REMEMBERS EVERYTHING, EVEN THE EMOTIONS YOUR MIND HAS TRIED TO AVOID."

PRACTICE:

- ✓ Find a quiet moment. Recall a recent moment when your critic got loud.
- ✓ Close your eyes. Tune in to your body.
- ✓ Ask:
 - ✓ Where do I feel tightness, pressure, or resistance?
 - ✓ Is it in your throat, chest, stomach, jaw?

★ LEADERSHIP BENEFIT

This anchors you in presence, moving you out of mental reactivity and into emotional intelligence.

SKILL SET 2: BREATHE AND PLACE

"YOUR BREATH IS THE FASTEST WAY TO CONNECT WITH STORED EMOTION. YOUR TOUCH ADDS SAFETY."

PRACTICE:

- ✓ Gently place your hand on the area where you feel discomfort.
- ✓ Breathe slowly into it.
- ✓ Say silently: "It's okay to feel this."

★ PRO TIP

Imagine your breath as warm light, softening and surrounding that space.

★ LEADERSHIP BENEFIT

You increase capacity to stay grounded under pressure, transforming avoidance into awareness.

SKILL SET 3: ASK THE EMOTION TO REVEAL ITSELF

“INSTEAD OF RUNNING FROM THE FEELING, WE ASK IT TO SPEAK.”

PRACTICE:

- ✓ Once you're breathing into the area, ask:
- ✓ “What is the feeling here?”
- ✓ “What does this part of me want me to know?”
- ✓ You may hear: fear, sadness, shame, loneliness, embarrassment.

★ IMPORTANT

Don't analyze it. Don't try to solve it. Just witness and be with it.

★ LEADERSHIP BENEFIT

This practice builds emotional resilience, your ability to stay present with discomfort instead of reacting from it.

 Notes

4.3 WITNESS THE INNER CHILD

“You can’t lead others until you’ve learned how to lead all parts of yourself, including the parts you’ve tried to ignore.”

The purpose of this step is not to fix, coach, or override emotion. It’s to **witness** it. The critic protects a younger, more vulnerable part of you. And that part doesn’t need performance. It needs presence. When you bear witness to your inner child with compassion, you start reparenting your system: from reaction to resilience.

This is emotional maturity in action. It’s how we evolve from suppressing our emotional truth to **supporting it with inner leadership**.

WHY IT MATTERS

The critic becomes less reactive when your Inner Authority steps in, not just to analyze the pain, but to stay with it. That’s what creates trust.

When the younger version of you realizes someone is finally here, not judging or abandoning, a powerful shift happens:

“YOU STOP RUNNING FROM YOUR INNER WORLD. YOU START LEADING IT.”

 Notes

SKILL SET 1: VISUALIZE THE YOUNGER SELF

"TO LEAD YOUR INNER SYSTEM, YOU NEED TO KNOW WHO YOU'RE LEADING."

PRACTICE:

- ✓ Sit quietly. Tune in to the emotional charge that just arose.
- ✓ Ask: What age feels linked to this emotion?
 - ✓ Is it 7-year-old you who felt ashamed in school?
 - ✓ Is it teenage you who learned to hide their voice?
- ✓ Visualize that version of you. What are they wearing? What's their expression

SKILL SET 2: SPEAK FROM THE ADULT SELF

"THE MOST POWERFUL LEADERSHIP WORDS ARE SIMPLE AND HUMAN."

PRACTICE:

- ✓ Say to your younger self:
 - ✓ "I see you."
 - ✓ "I feel you."
 - ✓ "I'm with you."
- ✓ Then ask:
 - ✓ "What do you need from me right now?"

★ PRO TIP

Use your own tone of voice. Hearing it aloud reinforces your adult presence.

★ LEADERSHIP BENEFIT

Trains your nervous system to anchor during emotional spikes, essential for resilient leadership.

SKILL SET 3: OFFER REASSURANCE, NOT REPAIR

"YOUR JOB ISN'T TO FIX THE PAIN. IT'S TO CREATE THE CONDITIONS WHERE IT CAN SOFTEN."

PRACTICE:

- ✓ Offer what they need:
 - ✓ **Words:** "You're safe now. You're not alone anymore."
 - ✓ **Gesture:** Hand on heart, arms around self, soft touch to face.
 - ✓ **Presence:** Simply breathe and stay with the emotion until it eases.

★ WHY IT WORKS

Emotional cycles complete when they are witnessed, not resisted.

★ LEADERSHIP BENEFIT

You embody emotional presence, the foundation for team trust and psychological safety.

SKILL SET 4: STEP INTO SELF-LEADERSHIP

"WHEN YOUR INNER CHILD FEELS HELD, THE CRITIC RELAXES. BECAUSE LEADERSHIP HAS ARRIVED."

PRACTICE:

- ✓
 - ✓ (internally):
 - ✓ "I'm home now."
 - ✓ "You don't have to carry this alone anymore."
"I'm the one driving the ship, and I'm not abandoning you."

★ INTEGRATION INSIGHT

The moment you witness and stay, you signal to your nervous system: we are safe now.

4.4 INTEGRATION THROUGH A NEW APPROACH

“INSIGHT WITHOUT ACTION IS JUST INFORMATION.
INTEGRATION HAPPENS WHEN YOU MOVE DIFFERENTLY.”

In this final step of the cycle, the goal is not to analyze your experience, but to act from it.

You’ve:

- Understood the critic’s protective role.
- Felt the emotion beneath it.
- Witnessed the inner child’s need.

Now it’s time to **lead from your Inner Authority** by taking an action, no matter how small, that reflects the new, balanced internal alignment.

This is where **rewiring happens**.

The smallest micro-action, when rooted in compassion and clarity, sends a powerful message to your system:

“I’M NOT RUNNING THE OLD SCRIPT ANYMORE. I CHOOSE TO LEAD FROM WHAT’S TRUE NOW.”

WHY THIS STEP MATTERS

Without action, the critic returns. The child stays unprotected. And the old pattern repeats.

But one intentional shift, even something as simple as taking a deep breath or saying “no” where you’d normally say “yes” can realign your nervous system and reinforce trust in your Inner Authority.

This is how integration becomes embodiment.

 Notes

SKILL SET 1: TUNE IN TO YOUR INNER AUTHORITY

“LEADERSHIP IS THE ART OF LISTENING INWARD, THEN ACTING OUTWARD.”

PRACTICE:

- ✓ Ask:
 - ✓ “What does my Inner Authority know to be true right now?”
 - ✓ “What would honor both the insight I’ve gained and the child I just held space for?”

★ WHY IT WORKS

You’re anchoring decision-making in internal congruence, not external approval.

SKILL SET 2: CHOOSE A MICRO-ACTION

“YOU DON’T NEED A GRAND GESTURE. SMALL IS POWERFUL. CONSISTENCY IS TRANSFORMATIONAL.”

EXAMPLES:

- ✓ Speak up in a meeting, even if your voice shakes.
- ✓ Say “no” where you usually say “yes.”
- ✓ Set a boundary around your time.
- ✓ Pause and rest, especially if your pattern is to overperform.
- ✓ Send the email that scared you, but do it with calm, not urgency.

★ WRITE IT DOWN. NAME IT. COMMIT TO IT.

★ PRO TIP

Attach it to your calendar or to-do list. Keep it visible.

MODULE 5: REWIRING FROM INNER CRITIC TO INNER AUTHORITY

MOST OF US HAVE SPENT DECADES LISTENING TO AN INTERNAL VOICE THAT DOUBTS, JUDGES, AND LIMITS US. THIS VOICE, THE INNER CRITIC, WAS DESIGNED FOR PROTECTION. BUT IT OFTEN OVERFUNCTIONS, ROOTED IN FEAR, NOT TRUTH.

NOW, YOU'RE READY FOR AN INTERNAL UPGRADE, FROM OUTDATED PROGRAMMING TO CONSCIOUS LEADERSHIP.

5.2 REWIRING FROM INNER CRITIC TO INNER AUTHORITY

“THE CRITIC HAS BEEN NARRATING YOUR LIFE ON AUTOPILOT. IT’S TIME TO HAND THE MIC TO YOUR INNER AUTHORITY.”

Most of us have spent decades listening to an internal voice that doubts, judges, and limits us. This voice, the inner critic, was designed for protection. But it often over functions, rooted in fear, not truth.

Now, you’re ready for an **internal upgrade**, from outdated programming to conscious leadership.

THINK OF THIS AS A SOFTWARE REWRITE.

You’re replacing inherited scripts with grounded truths, rooted in clarity, emotional intelligence, and intuitive wisdom.

This isn’t about silencing the critic. It’s about amplifying the Inner Leader within you. The voice that says:

“I’VE GOT THIS. I KNOW WHO I AM. I KNOW WHAT MATTERS.”

WHY IT MATTERS

Neuroscience confirms:

WHAT FIRES TOGETHER, WIRES TOGETHER.

When you consistently speak to yourself with strength and self-trust, your brain starts defaulting to those patterns. This is how leadership becomes embodied.

“EVERY TIME YOU SHIFT YOUR INNER DIALOGUE, YOU TRAIN YOUR NERVOUS SYSTEM TO LEAD FROM POWER, NOT PROTECTION.”

SKILL SET 1: WRITE THE INNER LEADER MANTRA

“YOUR INNER AUTHORITY IS ALWAYS PRESENT. YOU JUST HAVE TO TUNE INTO ITS VOICE.”

PRACTICE:

For each critic phrase, write a truth-based response from your Inner Leader. Keep it clear, strong, and affirming.

EXAMPLES:

CRITIC SAYS

“You’re not qualified.”

“You’re too much.”

“Don’t mess this up.”

“No one wants to hear you.”

INNER AUTHORITY SAYS

“I’m qualified enough to begin and I’m here to grow.”

“My presence is powerful. I don’t need to shrink it.”

“I learn through experience. I trust myself to navigate this.”

“My voice has value. I speak from clarity, not fear.”

★ PRO TIP

Say your mantras aloud. Hearing your own voice builds neurological reinforcement.

★ LEADERSHIP BENEFIT

Reinforces grounded confidence and self-leadership under pressure.

 Notes

SKILL SET 2: CREATE YOUR INNER AUTHORITY JOURNAL

“YOUR JOURNAL BECOMES YOUR INNER TRAINING GROUND. EACH ENTRY WIRES IN A NEW PATTERN.”

PRACTICE:

Use this format daily or weekly:

- ✓ Critic says: “ _____ ”
- ✓ Inner Authority says: “ _____ ”
- ✓ What I choose to believe: “ _____ ”
- ✓ Micro-action to affirm this belief today: “ _____ ”

★ LEADERSHIP BENEFIT

You shift from reactive to intentional. From doubt to direction.

 Notes

5.3 CRAFT YOUR POWER MANTRAS

“YOUR INNER DIALOGUE SHAPES YOUR OUTER LEADERSHIP. POWER MANTRAS ARE HOW YOU PROGRAM YOUR INTERNAL OPERATING SYSTEM.”

Now that you’ve surfaced old beliefs and created space for new ones, this step helps you **anchor your transformation**.

Think of power mantras as **leadership code**, concise, emotionally charged statements that align your mindset with your true leadership identity. These mantras aren’t fluff. They’re **neurological reinforcements**, they train your brain and nervous system to respond with strength, not self-doubt.

Mantras turn insight into habit. And habit into leadership presence.

WHY IT MATTERS

In high-stakes moments, before a meeting, presentation, or tough decision, your mind reaches for familiar scripts.

Power mantras make sure it reaches for the right ones.

They help you:

- ✓ Self-regulate under pressure
- ✓ Reaffirm your value and voice
- ✓ Replace fear-based narratives with aligned truths

 Notes

SKILL SET: WRITE 2–3 POWER MANTRAS

“YOUR MANTRA SHOULD BE SHORT, STRONG, AND SAID LIKE YOU MEAN IT.”

PRACTICE GUIDELINES:

- ✓ Use present tense: e.g., “I am,” not “I will be.”
- ✓ Keep it affirmative: Say what is, not what isn’t.
- ✓ Make it emotionally resonant: It should give you a visceral “yes.”

EXAMPLES:

- ✓ “I lead with courage, not perfection.”
- ✓ “My voice belongs in the room.”
- ✓ “I trust my intuition. It always has my back.”
- ✓ “I am enough, even while I grow.”
- ✓ “Every time I show up, I get stronger.”

★ PRO TIP

Speak them aloud. Your body learns from your voice.

 Notes

5.4 EMBODYING YOUR INNER LEADER

“YOU’VE HEARD YOUR CRITIC LONG ENOUGH. NOW IT’S TIME TO LISTEN TO THE LEADER WITHIN.”

At this stage, you’ve done the deep work:

- ✓ Identified the critic
- ✓ Felt the emotional root
- ✓ Witnessed the inner child
- ✓ Rewired limiting beliefs
- ✓ Crafted power mantras

Now comes the most important step, **daily reinforcement**. This isn’t mindset work. It’s *identity integration*. You are training your system, mentally, emotionally, somatically, to lead from truth.

WHY IT MATTERS

Neural pathways don’t change through insight alone. They shift through repetition with emotion and embodiment. That’s what this practice is about.

The critic’s voice got strong through years of repetition. Your Inner Leader’s voice strengthens the same way, by practicing trust, power, and presence on **purpose**.

 Notes

SKILL SET 1: MIRROR WORK

“THE MOST COURAGEOUS GAZE IS THE ONE YOU MEET IN THE MIRROR.”

MIRROR WORK ALLOWS YOUR NERVOUS SYSTEM TO:

- ✓ See your own presence
- ✓ Hear your voice of truth
- ✓ Feel emotional resonance in real time

PRACTICE:

- ✓ Stand or sit in front of a mirror.
- ✓ Look directly into your eyes.
- ✓ Speak your mantra or statement aloud, slowly and clearly:
 - ✓ “I see you. I believe in you. You’re already enough.”
 - ✓ “I lead with courage. I trust my voice.”
- ✓ Repeat 3–5 times, breathing in between.

★ PRO TIP

Do this daily for 7 days to re-pattern self-image.

★ LEADERSHIP BENEFIT

Builds congruence between your internal belief and external leadership presence.

 Notes

SKILL SET 2 VOICE JOURNALING

“YOUR VOICE IS ONE OF YOUR GREATEST TOOLS FOR EMBODIMENT. LET IT SPEAK YOUR TRUTH BACK TO YOU.”

When you hear your own conviction, your system remembers.

PRACTICE:

- ✓ Open your phone’s voice memo app.
- ✓ Record a 1–2 minute message to yourself:
 - ✓ Speak your mantras.
 - ✓ Reflect on what you’re stepping into.
 - ✓ Talk to the part of you that still doubts.

EXAMPLE SCRIPT:

“HEY, YOU’VE DONE SO MUCH HARD WORK TO BE HERE. YOU DON’T NEED TO PROVE ANYTHING. YOU’RE READY. I BELIEVE IN YOU.”

★ WHY IT WORKS

Audio input + emotional tone reinforces new beliefs at a subconscious level.

★ LEADERSHIP BENEFIT

Helps you self-regulate and re-center, especially before high-stakes moments.

 Notes

SKILL SET 3 TRUTH ANCHORING RITUAL

“YOUR LEADERSHIP IDENTITY ISN’T JUST BUILT IN THE BOARDROOM. IT’S BUILT IN YOUR EVERYDAY RITUALS.”

This is about embedding your new beliefs into the rhythms of your life.

PRACTICE:

Choose one daily “truth anchor” from the list below, or create your own:

- ✓ Write your mantra on a sticky note for your laptop or desk.
- ✓ Repeat it silently before pressing “Send” on a key email.
- ✓ Use it as your phone wallpaper or lock screen.
- ✓ Place a note on your mirror or coffee mug.
- ✓ Repeat it before opening your calendar or joining a Zoom.

★ PRO TIP

Link your mantra to a moment of transition or tension during your day.

★ LEADERSHIP BENEFIT

Turns belief into behavior, repetition turns into transformation.

CLOSING THE LOOP

This is where the rewiring becomes real, not by silencing the critic, but by amplifying a voice that's more true, more grounded, and more powerful.

"THIS ISN'T ABOUT BEING FEARLESS. IT'S ABOUT LEADING FROM TRUTH, NOT FROM FEAR."

"THE INNER LEADER IS NO LONGER A VOICE YOU VISIT OCCASIONALLY. IT'S WHO YOU ARE BECOMING, EVERY DAY YOU PRACTICE."

 Notes

MODULE 6: WHY ACTION IS THE ANTIDOTE TO THE CRITIC

YOUR INNER CRITIC DOESN'T NEED FACTS TO SURVIVE. IT FEEDS ON HESITATION. IT THRIVES IN SILENCE, INDECISION, PERFECTIONISM, AND THE SAFETY OF YOUR COMFORT ZONE. IT KNOWS HOW TO KEEP YOU SECOND-GUESSING, PLANNING ENDLESSLY, OR AVOIDING BOLD MOVES UNDER THE ILLUSION OF BEING "SAFE" OR "SMART".

6.1 WHY ACTION IS THE ANTIDOTE TO THE CRITIC

Talk Track: Your inner critic doesn't need facts to survive. It feeds on hesitation. It thrives in silence, indecision, perfectionism, and the safety of your Comfort Zone. It knows how to keep you second-guessing, planning endlessly, or avoiding bold moves under the illusion of being "safe" or "smart."

But here's the shift:

Action is the antidote.

Not just any action: aligned action. The kind that honors your values, stretches your capacity, and interrupts old patterns.

Because the critic wants you to stay small. Your Inner Authority wants you to grow. And the moment you take opposite action: the action your critic warns you against, you rewire your nervous system, build self-trust, and start living into your next-level leadership identity.

EXAMPLES:

Critic: "Don't speak up, you might sound stupid."

Opposite action: Share your idea in the next meeting.

Critic: "You're not ready to lead that project."

Opposite action: Say yes and figure it out as you go.

Critic: "You should wait until it's perfect."

Opposite action: Launch the draft. Learn by doing.

This is how courage is born. It's not the absence of fear, it's acting in alignment while fear is present. That's the birthplace of a resilient, intuitive leader.

SKILL DEVELOPMENT: THE OPPOSITE ACTION METHOD

Daily Practice: Micro-Daring Log Each day for the next 5 days, do the following:

1. Notice when your critic shows up.
2. Capture the script: What is it saying?
3. Name the trigger: What fear or situation is present?
4. Choose the opposite action: What would your Inner Authority do?
5. Take the action. No matter how small.
6. Reflect: How did it feel? What did you learn?

SAMPLE LOG FORMAT:

DATE	CRITIC VOICE	OPPOSITE ACTION	WHAT I LEARNED

WEEKLY REFLECTION:

What did I do this week that my critic said I shouldn't?

How did it impact my confidence?

What new belief is starting to form?

CLOSING ANCHOR:

You can't think your way into a new identity. You act your way into it.

And every bold, imperfect, heart-led step weakens the critic's grip and strengthens your Inner Authority.

This is the bridge from survival to self-leadership. Let's walk it, one bold step at a time.

6.2 EXERCISE: THE “AGAINST THE GRAIN” CHALLENGE

Big transformation doesn't start with massive leaps. It begins with small, consistent acts of defiance against the inner critic's limits.

This challenge is about choosing one bold, value-aligned action each week that goes against your critic's voice. It should stretch you beyond the familiar, but still feel doable. This is how confidence gets built, not through waiting, but by creating new evidence of what you're capable of.

EXAMPLES OF "AGAINST THE GRAIN" ACTIONS:

- ✓ Speak up in a group where you usually stay quiet
- ✓ Set a boundary with a colleague or client
- ✓ Pitch an idea you've been sitting on
- ✓ Ask for help instead of doing it all yourself
- ✓ Post something honest or vulnerable on LinkedIn

Each of these steps challenges an old script and reinforces your Inner Authority.

SKILL DEVELOPMENT: WEEKLY STRETCH PRACTICE STEP-BY-STEP:

1. Name the critic script: What does your inner critic tell you not to do?
2. Claim your Inner Leader's truth: What would your authentic self choose instead?
3. Choose one micro-action this week that aligns with that truth.
4. Do it. Track the experience.
5. Reflect: What did you feel before, during, and after? What shifted?

JOURNAL PROMPTS:

- ✓ What is one action my critic tells me not to take?
- ✓ What would my Inner Leader choose instead?
- ✓ What's one micro-action I can take this week to practice that?
- ✓ How did it feel to take action? What shifted afterward?

★ BONUS

Set a recurring reminder on your calendar: "What would my Inner Leader do today?"

CLOSING ANCHOR:

Consistent, small bold steps transform your leadership more than rare breakthroughs. Keep going against the grain. That's where growth lives.

6.3 PRACTICE: AGAINST THE GRAIN ACTIONS + CELEBRATION RITUAL

The inner critic thrives on familiarity and fear. The antidote, as you now know, is aligned action, but action alone isn't enough. What solidifies change is consistency and celebration. This module is about moving from rewiring to re-firing, activating new patterns through repeated, courageous behavior and intentionally acknowledging your progress.

Too often, we brush past our wins. We take bold action and jump straight to the next thing. But celebration is not fluff, it's reinforcement. When you pause to recognize your growth, your nervous system learns, "I can do hard things and stay safe." That's how embodied confidence is built. So here's the challenge: choose 3–5 'against the grain' actions that represent courage for you this month. They don't have to be big. Just real.

 Notes

SKILL DEVELOPMENT: COURAGE CHECKLIST + CELEBRATION RITUAL

COURAGE CHECKLIST EXERCISE:

- ✓ Create a list of 3–5 bold or stretch actions you want to take this month that go against your critic's pattern.
- ✓ Each time you complete one, check it off and reflect:
 - ✓ What did I learn?
 - ✓ How did I feel afterward?
 - ✓ What belief did I practice?

SAMPLE ACTIONS:

- ✓ Ask for help on a project
- ✓ Say "no" when you normally say "yes"
- ✓ Take a break instead of pushing through burnout
- ✓ Share a vulnerable post or story online
- ✓ Initiate a tough conversation

CELEBRATION RITUAL IDEAS:

- ✓ Share your win with a trusted friend, coach, or cohort
- ✓ Add a note to your "Bold Moves Jar" to track momentum
- ✓ Treat yourself in a way that holds meaning (e.g., a quiet walk, a favorite meal, time off)
- ✓ Speak your win out loud and anchor the emotion: "I did that. I'm proud of me."

CLOSING ANCHOR:

You are not just building habits, you are building evidence. And when you celebrate aligned action, you show your nervous system that boldness is safe.

Let your growth be visible to yourself. Celebrate as if your future self is already watching, because it is.

6.4 THE POWER OF AN ACCOUNTABILITY PARTNER

Trying new behaviors that contradict your inner critic won't always feel empowering at first. Sometimes it feels foreign, clunky, and downright uncomfortable. That's because you're challenging old, familiar survival patterns.

That's where **accountability** becomes your greatest asset.

Having someone to reflect, witness, and champion your growth does more than keep you "on track," it reminds you that you're not alone.

WHY ACCOUNTABILITY MATTERS:

- ✓ Keeps you honest when motivation dips
- ✓ Provides a mirror for your growth
- ✓ Helps normalize discomfort and celebrate progress
- ✓ Builds emotional safety to keep taking risks

CHOOSE SOMEONE WHO:

- ✓ Believes in your growth (even when you forget)
- ✓ Will challenge your comfort zone with kindness
- ✓ Can hold space when things get messy or vulnerable

What You Can Share Together:

- ✓ Your weekly "Against the Grain" action
- ✓ A quick voice memo about a critic flare-up and the action you took anyway
- ✓ Wins, slips, and everything in between

Final Prompt:

If I took one small action this week that my inner critic fears, but my future self would thank me for – what would it be? This is how transformation sticks, not in isolation, but in connection. You don't have to do this alone. Your boldest self deserves support.

Let your accountability partner become part of the bridge between who you are now and who you're becoming, one step, one share, one brave action at a time.

MODULE 7: FINAL REFLECTION: YOUR TRANSFORMATION MAP

YOU'VE MADE IT TO THE END OF THE COURSE, BUT THIS ISN'T THE END OF YOUR JOURNEY. IT'S THE BEGINNING OF A NEW CHAPTER WHERE YOU LEAD MORE FROM YOUR INNER AUTHORITY THAN EVER BEFORE.

NOW IT'S TIME TO MAP THE TERRITORY YOU'VE COVERED.

7.1 FINAL REFLECTION: YOUR TRANSFORMATION MAP

You've made it to the end of the course, but this isn't the end of your journey. It's the beginning of a new chapter where you lead more from your Inner Authority than ever before.

Now it's time to map the territory you've covered.

Take 15–20 minutes to reflect deeply. This isn't about checking a box. It's about owning your transformation.

REFLECTION PROMPTS:

- ✓ What was the original challenge or pattern that brought you into this course?
- ✓ What has shifted in your inner narrative?
- ✓ Which critic archetypes have you disarmed or softened?
- ✓ What new beliefs and behaviors feel more natural or accessible now?
- ✓ How are you showing up differently in your leadership, relationships, or self-trust?
- ✓ Review the Compelling Emotions you chose at the beginning of the course:
 - ✓ On a scale of 1–5, how connected do you feel to each one now?

SKILL DEVELOPMENT: PERSONAL TRANSFORMATION MAP

BEFORE & AFTER STORY EXERCISE:

- ✓ Write a short paragraph describing “You Before the Course.” What dominated your decisions? How did your critic show up?
- ✓ Now write a paragraph about “You Now.” What's changed in your self-talk, your courage, your clarity?
- ✓ End with a few lines of intention: What kind of leader are you becoming?

CLOSING ANCHOR:

Transformation isn't loud. It's a quiet, steady return to who you really are. Keep your map. Keep your rituals. Keep choosing aligned action.

Because you are the author of what comes next.

7.2 PRACTICE: MAINTENANCE FOR THE JOURNEY

Growth is not a straight line, and neither is healing. Even after deep work, your critic will come back. Not because you've failed, but because you've grown. Every new level of leadership, intimacy, visibility, or boldness will stir old protections. Your inner critic isn't broken, it's trying to protect an outdated version of you. But now, you have tools. You have awareness. You have choice.

WHEN THE CRITIC RETURNS:

- ✓ **Pause and Name It:**
 - ✓ "Ah, there's the Doubter again."
 - ✓ "Looks like the Perfectionist's back today."
- ✓ **Revisit a Grounding Belief or Mantra** (from Module 5)
 - ✓ "I don't have to be perfect to be powerful."
 - ✓ "I lead from values, not fear."
- ✓ **Ask with Compassion:**
 - ✓ "What is this part afraid of?"
 - ✓ "What does it need to feel safe?"
- ✓ **Take a Grounded Action:**
 - ✓ Choose one small action aligned with your Inner Authority.
 - ✓ It could be setting a boundary, slowing down, or speaking a truth.

 Notes

SKILL DEVELOPMENT: CRITIC RE-EMERGENCE PROTOCOL CREATE A MINI PLAN TO REFERENCE WHEN YOU'RE TRIGGERED:

✎ My most common critic flare-up is:

✎ The belief it tries to push is:

✎ My Inner Authority response will be:

✎ One action I can take to reset is:

JOURNAL PROMPT:

✎ When was the last time my critic resurfaced?

✎ How did I respond?

✎ What would I choose differently next time?

CLOSING ANCHOR:

Growth isn't about never hearing your critic. It's about no longer obeying it. This work doesn't end, it evolves with you.

And each time you meet the critic with presence instead of panic, with compassion instead of collapse, you reclaim more of your voice, your power, and your leadership.

You are your own safe space now. Let that be your practice.

7.3 DAILY & WEEKLY INTEGRATION RITUALS

Your transformation doesn't end with a breakthrough, it deepens with a rhythm. The way you stay connected to your Inner Authority isn't through intensity, but consistency.

Just like brushing your teeth or drinking water, the practices that support intuitive, empowered leadership are small but powerful when done daily. These micro-practices are what build resilience, recalibration, and self-trust over time.

SKILL DEVELOPMENT: DAILY & WEEKLY INTEGRATION RITUALS

DAILY MICRO-PRACTICES

MORNING MANTRA

Start your day with intention. Choose a belief that aligns with your Inner Leader.

EXAMPLE:

"I LEAD WITH CLARITY, NOT FEAR."

"I TRUST WHAT I KNOW, EVEN BEFORE I CAN PROVE IT."

CRITIC CHECK-IN

Midday pause: Ask yourself:

"Who's leading right now, my critic or my Inner Authority?"

Adjust as needed: Take a breath, speak your mantra, choose presence.

EVENING ANCHOR

Before bed or ending the workday: Reflect with one question:

"What action did I take today that honored my growth?"

Write it down, even if it felt small. Every rep matters.

WEEKLY RITUALS

SUNDAY SELF-ALIGNMENT REVIEW

Set aside 10–15 minutes to journal or sit with these prompts:

- ✓ What did I learn this week about my critic?
- ✓ Where did I lead from my truth?
- ✓ What's one courageous step I can take this coming week?

FRIDAY CELEBRATION PRACTICE

- ✓ Name your boldest moment of the week
- ✓ Use a ritual to honor it:
 - ✓ Record a voice memo sharing your win
 - ✓ Drop a note in your "Bold Moves" jar
 - ✓ Tell your accountability partner
 - ✓ Take yourself out for a celebration walk, coffee, or moment of stillness

CLOSING ANCHOR

Thriving isn't a destination. It's a direction you walk in daily.

These small practices are the path. They help you return to your center, your clarity, and your courage, again and again.

Keep the rhythm. Keep the flame. Keep trusting the leader within.

 Notes

8.0 APPENDIX

INNER AUTHORITY

THE VOICE OF ALIGNED POWER, WISDOM & CHOICE



HOW TO WORK WITH THE INNER AUTHORITY

CORE ACTIVITIES:

- ✓ **Inner Leader Dialogues:** Speak from your center directly, in voice notes or journaling: "What do I know to be true right now?"
- ✓ **Aliveness Mapping:** Use your thriving emotions as a compass to guide next steps.
- ✓ **Choice Point Practices:** Pause in moments of reactivity and ask, "What would the wiser version of me choose here?"

REFLECTION PROMPTS:

- ✓ What is true and important for me right now?
- ✓ What would feel *aligned*, not just acceptable?
- ✓ What does the brave, grounded part of me already know?

MICRO PRACTICES:

- ✓ Use breath to return to your center: 4-count in, hold, 6-count out.
- ✓ Repeat: "I am the one who chooses."
- ✓ Stand or sit in a posture of dignity: "I belong to myself."

TO BREAK FREE

Lead from center Listen to the critic, tend to the child, then act from the part of you that knows what matters most.

ROLE SUMMARY

- ✓ The Inner Authority is your grounded, wise self, the part of you that responds rather than reacts.
- ✓ Rooted in presence and self-trust, it knows how to lead from clarity, not fear.
- ✓ It integrates the insight of your past with the direction of your future.

CORE FUNCTION:

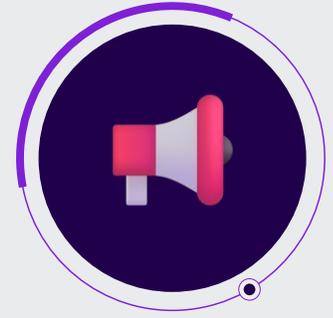
To choose aligned action from awareness

WHEN CULTIVATED:

It becomes your inner compass and stabilizer.

INNER CRITIC

THE VOICE OF PROTECTION THROUGH CONTROL



HOW TO WORK WITH THE INNER CRITIC

CORE ACTIVITIES:

- ✓ **Name Your Critic:** Create a playful nickname (e.g., “Anxious Annie,” “Controlzilla”) to make it less threatening.
- ✓ **Critic Pattern Tracker:** Spot when and where it shows up across life zones (from the Zone Mapping exercise).
- ✓ **Archetype Match:** Identify your critic’s top archetypes (e.g., The Perfectionist, The Inner Pusher).

REFLECTION PROMPTS:

- ✓ What is my critic trying to protect me from?
- ✓ Where did this voice originate?
- ✓ What “rules” is it enforcing and are they still serving me?

MICRO PRACTICES:

- ✓ Say: “Thank you for trying to help, but I’ve got this.”
- ✓ Use posture, breath, or movement to shift out of freeze or contraction.
- ✓ Voice memo your critic out loud then respond as your wiser self.

TO BREAK FREE

Name it to tame it. Build awareness of the voice, recognize its themes, and externalize it with humor or distance.

ROLE SUMMARY

- The Inner Critic is a protective voice shaped by early experiences, inherited beliefs, and survival strategies.
- ✓ It tries to keep you safe by controlling your behavior — using fear, judgment, and shame to prevent risk, failure, or rejection.

CORE FUNCTION:

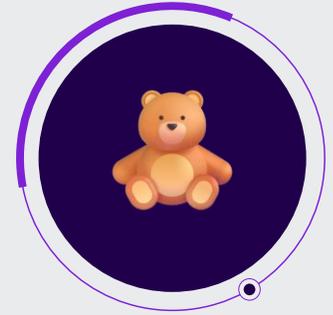
Safety through self-policing.

WHEN CULTIVATED:

It stifles authenticity, courage, and growth.

INNER CHILD

THE KEEPER OF VULNERABILITY, NEEDS & LONGING



HOW TO WORK WITH THE INNER CHILD

CORE ACTIVITIES:

- ✓ **Critic** → **Child Translation:** Ask, “What is the Inner Critic protecting?” to reveal the child’s fear or pain.
- ✓ **Somatic Tracking:** Tune in to where the child’s emotions live in your body.
- ✓ **Compassionate Witnessing:** Journal or voice record as if you’re listening to the child — without fixing or analyzing.

REFLECTION PROMPTS:

- ✓ What am I feeling underneath the story or reaction?
- ✓ What does my Inner Child need from me right now?
- ✓ What is this part afraid will happen if I slow down or express this emotion?

MICRO PRACTICES:

- ✓ Place a hand on your heart or belly and breathe slowly: “I’m here. I’m listening.”
- ✓ Visualize your child self and say: “You’re safe now. I’ve got you.”
- ✓ Name the emotion without analysis: “This is sadness,” “This is fear.”

TO BREAK FREE

Feel what it feels. Slow down enough to notice the emotion beneath the judgment — and offer compassion instead of control.

ROLE SUMMARY

- ✓ The Inner Child holds your earliest emotional experiences — especially unmet needs, fears, and beliefs about love, safety, and worth.
- ✓ Often buried beneath the Inner Critic’s voice, this part longs for connection, expression, and belonging.

CORE FUNCTION:

To express unmet needs and emotional truth.

WHEN CULTIVATED:

It drives reactivity, neediness, or collapse.