

Inner Critic Notebook Exercise

1. Buy a notebook, something small and discreet that you can take notes in
2. Carry this with you at all times for the next one/two weeks
3. Whenever you notice your little voice jot down what it is telling you. Write down the words you hear and also note how you hear it. Does your Inner Critic shouts demands at you like a drill instructor or communicate with you like a softly spoken adviser directing you as to what to do for the best?
4. Note how you feel when you hear your Inner Critic. Do you feel like a child being scolded or are you being put in your place? Does the advice sound like what you want to do? Does it drain you having all these internal conversations and how often do you just give in?

At the end of each day look back through the notebook and ask yourself the following questions.

How many times did I stop myself doing something I really wanted to do?

How many times did I stop myself saying something I really wanted to say?

How much time approximately, did I waste trying to talk myself into or out of something?

Inner Critic Notebook Exercise cont...

How do I feel about this?

This is tough exercise because the Inner Critic is very clever and is used to working in such a way that you don't even know that it is there. You will need to keep your notebook exercise going for a while to get a clear picture of how you are limiting yourself in a variety of situations. You should fill in your notebook for at least one/two weeks.

To get the best results slow thing down over the next few days... Before acting, even on the small day to day things, ask yourself questions like, "why an I doing this", "why do I always do it this way?" "what is stopping me from doing...?"

Ask yourself "how much control of my life have I handed over to my Inner Critic and how happy am I with the results so far?"