

# Spear your fear!

## The Inner critic knockdown

*“It is not who you are that holds you back. It is who you think you are not.” – Author unknown*

Our little protectors are loud. They live in our heads, and they know how to push our buttons. The best thing you can do about them is give them a name, understand what their underlying fears are all about, then calm that critic down and let him / her know that you’ve got this!

Depending on the day, here are some of the recurring voices in *my* head:

- “You’re not good enough.”*
- “Who do you think you are?”*
- “What if you fail?”*
- “What if you succeed?”*
- “Never let ‘em see you sweat.”*
- “It’s easier on your own.”*

What about you? What is your inner critic saying to you?



### The voices in my head are saying ...

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