

Three Steps to Reframing your Thinking and Regaining Control of Your Inner Critic

The moment your inner critic takes over ask yourself:

What evidence is there that I can't do this?



Is there any evidence that I might be able to do this?

If this were (insert the most important person in your life) what advice would I give them - take that advice.



The way to reframe is always in repetition, it has taken a long time to build the beliefs you currently hold; this is about reframing your thinking and building a new belief. The more you complete the process the easier and faster you change your beliefs and overcome overwhelm