



CRITICAL CHAINS

DOES YOUR INNER CRITIC KEEP YOU FROM GROWING WITH NEGATIVE SELF TALK AND LIMITING BELIEFS?

DO YOU FEEL LIKE YOUR INNER VOICE CHAINS YOU TO FIXED MINDSET THINKING?

Try this exercise to help quiet your inner critic and install Growth Mindset support.

NAME THE VOICE

It's much easier to devalue the negative narrative in your head when you name it and change it from an abstract concept. To make negative self-talk more discardable, try naming it like this ...

When asked, most people can think back to someone really annoying during their school days; someone vocal with loads of opinions, but lacking substance or common sense. If someone springs to mind, then that's the name for your negative self-talk.

By giving it the name of someone that's hard to take seriously and whose opinion you're not likely to respect ... it makes it much easier to dismiss!

YOU HAVE A CHOICE

One of the most amazing things about the human brain, is that it's malleable and can be trained to accomplish new skills and abilities through perseverance and determination.

YOU HAVE A CHOICE ABOUT THE INNER MONOLOGUE YOU LISTEN TO.

When fixed-mindset led negative self-talk starts, stop it in it's tracks and tell it you're not interested, then consciously re-frame the situation with Growth Mindset thinking.

The more you practice the quicker your brain will rewire to a more positive Growth Mindset led narrative, enabling you to feel more able and equipt when things are tricky, more confident to enjoy new experiences and to feel good about your accomplishments.

