



# CRITICAL CHAINS

What does your inner self-critic focus on?

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What Fixed Mindset feedback is your inner critic giving you?

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Is the feedback true? \_\_\_\_\_

Is the feedback helpful? \_\_\_\_\_

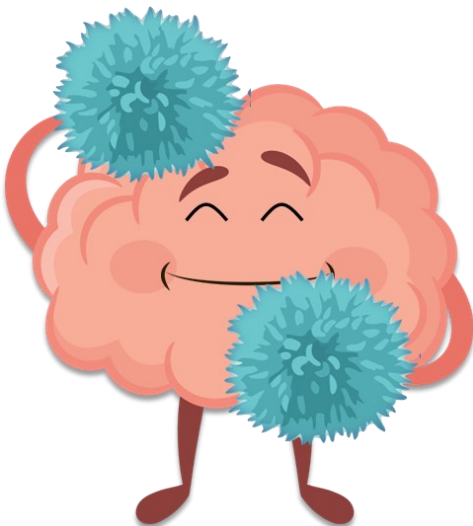
How could you apply Growth Mindset thinking to the situation?

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Now reframe the situation with a positive Growth Mindset internal coach.



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