

Impostor Syndrome/Inner Critic: How to Create Awareness

- ❖ Designed to help you create awareness around your inner critic
- ❖ Be sure to carve out small chunks of time where you can focus and not be distracted
- ❖ Revisit these questions when you are experiencing the message, when you are not, and during and after you have shared with a person (s)
- ❖ Allow yourself permission to be creative and NOT edit your thoughts
- ❖ Be sure to SHARE with others!

What is your inner critic message?

When and how does it show up?

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**How would your life be different if the inner critic message was
quieter?**

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Who suffers when you suffer?

Who benefits when you are living in joy?