Your Resilience
Worksheet 3

Inner critic & inner coach

You can choose to listen to and believe your inner critic, or to cultivate your inner coach who can help you build resilience and solve problems we come across.

Your inner critic

Think about times when you're most likely to say something unkind to yourself. Describe the ways you are critical and how this affects your ability to be resilient and achieve what you want from life.

Now turn to your inner coach

Ask yourself some questions that help challenge your inner critic. Try questions like:

- What skills and experiences do I have that can help me move forward?
- Who can help?
- How will I know when I'm making progress?

Write three more questions you'd like to coach yourself with:

1...

2...

3...

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