



Making Peace with Your Inner Critic & Martyr

Inner Critic or Martyr (circle one)

Where in your life is it showing up?

How is it holding you back?

What is it trying to do for you?

What is the old story that's connected to it?

What belief has it activated in you?

What value does that belief have for you?

What belief will better serve you now?

How would you like to feel?

What new role can your Inner Critic or Martyr take on for you?

How would your upgraded Inner Critic or Martyr like to help you to feel more positive feeling?

What is one inspired action you could take today?
