

My Inner Coach

self-esteem exercise

We all have an inner voice that talks to us throughout the day. Sometimes this voice is critical and harsh—this is our **Inner Critic**. Other times, it's motivating and kind—this is the **Inner Coach**.

Describe a time when you were hard on yourself:

My Critic

This is all your fault!

*You'll never
get this right.*

You're a loser – just give up!

*Everyone is
laughing at you.*



My Coach

Get back up and keep going!

*Doing your best is
what matters most.*

Learn from your mistakes.

*Don't waste time on
blame and regret.*

What does your critic say?

What does your coach say?