

ELIMINATING SELF - CRITICISM

Quieting your critical inner voice is one of the wisest things you'll ever do. When you apply this process, you'll discover a more serene, happy existence along your incredible journey of life.

Follow these steps:

- ✓ Acknowledge that self-criticism can be damaging
- ✓ One by one, go through your criticisms and ask yourself, "*Is this really valid?*" If not, cross it off your list.
- ✓ Figure out when each criticism began. Take time to resolve why you feel that way.
- ✓ Release any negative remarks from your repertoire that stem from negative, early experiences because they simply hold no validity for you now
- ✓ Counter your critical voice. Designate your supportive, caring voice as the one in charge.
- ✓ Stay focused. You can challenge the validity of any criticism simply by continuing with your efforts to accomplish your desires.