

"INNER CRITIC"



REFRAME JOURNAL

THERE'S A VOICE INSIDE THAT LOVES TO KEEP YOU SMALL.
IT TELLS YOU YOU'RE NOT READY, NOT GOOD ENOUGH, NOT LIKE "THEM."
THIS JOURNAL IS YOUR PLACE TO CHALLENGE THAT VOICE — NOT WITH EMPTY
AFFIRMATIONS, BUT WITH TRUTH.
BECAUSE WHEN YOU BRING YOUR CRITIC INTO THE LIGHT, IT LOSES ITS GRIP.

DATE: / /

SECTION 1: MEET YOUR INNER CRITIC

WHAT DOES YOUR INNER CRITIC SOUND LIKE?

IS IT YOUR OWN VOICE, OR SOMEONE ELSE'S?

WHEN IS IT LOUDEST?

WHAT DOES IT USUALLY SAY TO YOU?

(WRITE FREELY — NO EDITING, NO JUDGMENT.)

DATE: / /

SECTION 2: THE CRITIC'S LIES VS. YOUR TRUTH

ON THE LEFT SIDE, LIST THE THINGS YOUR CRITIC SAYS.

ON THE RIGHT SIDE, WRITE YOUR TRUTH — SHORT, STRONG, AND REAL.

MY CRITIC SAYS...

THE TRUTH IS...

"YOU ALWAYS MESS THIS UP."

"I'VE FAILED BEFORE AND LEARNED. THAT'S GROWTH."

"YOU'RE NOT QUALIFIED."

"I'M BECOMING WHO I NEED TO BE AS I GO."

"NO ONE WILL CARE WHAT YOU HAVE TO SAY."

"SOMEONE OUT THERE NEEDS EXACTLY THIS."

"YOU'RE TOO LATE."

"I'M RIGHT ON TIME FOR MY STORY."

(ADD YOUR OWN STATEMENTS)



Unstoppable April Nicole

DATE: / /

SECTION 3: COURAGE SCRIPT

WHEN THE CRITIC GETS LOUD, THIS IS YOUR ANCHOR — A SHORT PARAGRAPH OR MANTRA YOU CAN RETURN TO WHEN FEAR TRIES TO TAKE THE MIC.

FINISH THIS SENTENCE THEN WRITE A FEW LINES THAT SOUND LIKE YOU — SOMETHING YOU CAN ACTUALLY BELIEVE AND USE IN REAL MOMENTS.

“WHEN MY INNER CRITIC SPEAKS UP, I WILL REMIND MYSELF THAT...”

EXAMPLE: “WHEN MY INNER CRITIC SPEAKS UP, I WILL REMIND MYSELF THAT SHE’S JUST AFRAID. SHE DOESN’T NEED TO RUN THE SHOW. I’VE DONE HARD THINGS BEFORE. AND I CAN DO THIS TOO.”

DATE: / /

SECTION 4: REFLECTION & PROGRESS

WHAT SITUATIONS MADE YOUR CRITIC LOUDEST THIS WEEK?

HOW DID YOU RESPOND DIFFERENTLY AFTER REFRAMING IT?

WHAT TRUTH DO YOU WANT TO REMEMBER NEXT TIME?

DATE: / /

SECTION 5: REFLECTION & PROGRESS

ADD YOUR PERSONAL LINE OF COURAGE.
WRITE IT BOLD, BIG, AND IN YOUR HANDWRITING.

SOMETHING LIKE:

"I AM NOT MY FEAR. I AM THE ONE WHO ANSWERS ANYWAY."

OR

"MY INNER CRITIC CAN RIDE ALONG — BUT I'M DRIVING."

WANT TO GO DEEPER? PAIR THIS WITH THE [COURAGE-BUILDING TRACKER] TO CELEBRATE EVERY TIME YOU ACT IN SPITE OF FEAR.

EVERY CHECK MARK IS PROOF YOU'RE BECOMING UNSTOPPABLE.

“

**YOU BECOME THE HERO OF
YOUR STORY THE MOMENT YOU
STOP WAITING TO BE SAVED.**

- APRIL NICOLE

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