



*6 easy steps*  
**TO STOP CRITICIZING  
YOURSELF**



A step-by-step guide  
to level up your self-belief

*By Wayne Parker*

## We've all heard it - that inner voice that speaks up whenever we've just messed up

Sometimes, your critical inner voice tells you what you should have done but didn't. Other times, it reminds you of something you did that you could have avoided. The worst is when it repeats hurtful, limiting things you heard many years ago like:

- you're dreaming
- you can't do that
- you're not good enough
- You're not smart enough
- you can't change
- you're just a little...

All totally debilitating words that serve no value and simply aren't true! I want you to dream, dream bigger than you can imagine.

Know that you are good enough plus smarter than you give yourself credit for all because you were just a little....



### Remember.....

*whenever you have a running dialogue with yourself about how you're falling short in your behaviour, your self-criticism is racing right along with you.*

*Use self-awareness to recognise when it is happening and kick it to the curb instantly.*

How can you quiet that voice before it destroys your self-esteem and confidence?

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## Follow this 6 step process

### 1. Honestly analyze the criticisms

Point by point, what does your inner voice say? Jot it down so you can reflect on what you feel you're doing wrong. One by one, go through the points and ask yourself, "Is this really valid?" If so circle it. If not, cross it off your list.

### 2. Figure out when the criticisms began

For example, if you say to yourself, "You'll never be successful at anything," take time to pinpoint when you first heard that then explore why you feel that way deep down inside.

- *You'll likely discover a time when an authority figure was overly critical of you. Unfortunately, uninformed adults can devastate the self-esteem of little kids around them when they use negative, accusatory, or demeaning words directed at them without knowing the lasting limiting impact they are having on these innocent naïve kids (aka you and me).*



### 3. Let it go

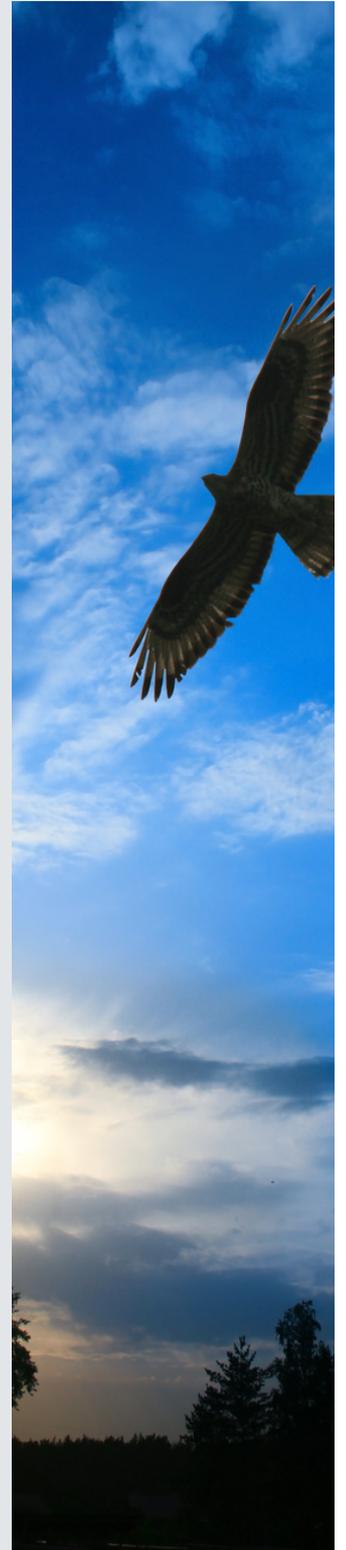
Release any negative remarks from your repertoire that stem from those early experiences. Why? Because they simply hold no validity for you now.

- *They came from a mixed-up, unhappy, or otherwise unskilled adult who was unaware of the impact of their words. Don't let your inner voice keep repeating these false criticisms! They're untrue. Take an active stance to discard them.*
- *You do this by writing down a positive spin on all the negative sayings that pop-up from your inner voice e.g. I'm not smart enough gets replaced with I have learnt many things and I look forward to learning...*
- *Release yourself from the unhealthy mantras of your history. Give yourself permission to let go of any negative statement that prevents you from moving forward and being successful in life. Empower yourself omit this negativity from your life by replacing them with fresh positive dialogs/mantras. Ones that are true and represent the person you choose to be.*

### 4. Counter your critical voice with your supportive, caring self

Instead of thinking, "I won't be good at swimming," think, "This is a good opportunity for me to work on learning something new. I'll approach this with an open mind."

- *Embrace a more encouraging part of you that speaks positively.*
- *Appoint your supportive, caring voice as the one in charge. You can learn to be your strongest supporter.*



## 5. Acknowledge that self-criticism can be damaging

If you continue to repeat the negative statements, it can be crippling to you and even block your path on your journey to the life you deserve.

- *Acknowledge and appreciate the criticism for what it is, an auto-system installed at birth to keep you safe until adulthood. However, if you know the criticism is not current or outdated dismiss it immediately by simply saying .....*

***No! that is not true, I am... (add your empowering replacement statement)***

- *Realize that no one can function well when being told constantly that he cannot persevere and rise above his struggles.*
- *Running yourself down emotionally isn't the answer to anything.*

## 6. Stay focused

Rather than allow your critical inner voice to get the best of you, continue with your plan full speed ahead. You can challenge the validity of any criticism simply by continuing with your efforts to accomplish your desires.



*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.*

*Go ahead and get started now! You deserve it.*



*Wayne Parker*

*The future you deserve is right there to be created.*

*If ya ready, I'll get there faster and smoother than you would on your own*

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