

Transform Your
Inner-Critic
Into Your
Inner-Cheerleader
For
Unshakeable Self-Belief
Day 1 Task



#BearWisdom®



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HELPING YOU TO THRIVE AT HOME,
AT WORK, IN LIFE.

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Introduction

Welcome to Day 1 and your first task of the challenge.

A nice gentle start for you today, thinking about your ideal day in your ideal life.

Today is all about 'blue sky thinking'. What would your life be like with an inner-cheerleader supporting your unshakeable self-belief?

Today's task falls into 3 parts.

Part 1

What does unshakeable self-belief mean to you?

What does having an inner-cheerleader mean to you?

Grab a cuppa, pen and paper and find somewhere quiet and comfortable.

The short audio below is designed to help you visualise all aspects of what this means to you.

- Listen to the audio.
- Next, write down everything that you noticed.
- This step will help you with parts 2 and 3 of today's task.



ACTION

Listen to the audio: [CLICK HERE](#)

Then note down everything that having unshakeable self-belief and an inner-cheerleader means to you.

NOTES

Part 2

Now that you've noticed all the changes that are possible when you have unshakeable self-belief and an active, supportive inner-cheerleader, I invite you to write (or draw) what life would be like with unshakeable self-belief and an active inner-cheerleader.

Think of all the things you would love to do, all those things that a lack of self-belief has held you back from trying.

This is 'blue-sky' thinking - anything is possible. If your inner-critic pops up during this, simply thank it and invite it to rest whilst you finish this.

No matter how wacky it may be, no matter the cost, write everything down.

Feel free to draw it if you prefer.



ACTION

Write or Draw EVERYTHING you could do with unshakeable self-belief and an active inner-cheerleader.

NOTES

Part 3

Brilliant! You've now identified exactly what unshakeable self-belief and having a inner-cheerleader means to you AND all the things you could do.

The final part of today's task will help you consolidate and embed this information.

You can complete this in whatever way is right for you:

Write it down, draw it, paint it, create a collage or vision board. It's entirely up to you how much time you want to spend on it.

Step forward in time to that point where you have unshakeable self-belief and your inner-cheerleader is actively supporting you in everything you do. What does your day consist of?

Starting from the moment the alarm goes off right up until you switch the light off at night - describe the detail of that day.

What will you be doing? Who will be with you? Where will you be? What will you be feeling?

Look back over the notes you made for parts 1 and 2 and GO FOR IT!



ACTION

A Day In The Life of.....
Describe your ideal day

NOTES

woohoo

You have completed the task for Day 1.
Now you just need to post in the group under
#Day1 task.

FINAL ACTION

Return to the FaceBook Group and post the following in
the comments under today's task post:

1. One of the key things from Part 1 that stood out for you.
2. Choose your top 3 from part 2 - What you would do if you had unshakeable self- belief and an inner-cheerleader.

