

Transform Your
Inner-Critic
Into Your
Inner-Cheerleader
For
Unshakeable Self-Belief
Day 2 Task



#BearWisdom®



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COACHING & DEVELOPMENT

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

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Introduction

Now that you've clarified what unshakeable self-belief means to you, it's time to understand your inner-critic and meet your inner-cheerleader!

There's tremendous power in understanding the science behind the creation and operation of your inner-critic.

DON'T PANIC!

You don't need to have a degree in Neuro-Science to grasp this, I like to keep things simple! I work on the basis of 'Explain it to me like it was smarties.'



Today is about gaining that understanding, identifying your inner-critic's dominant comment and creating your inner-cheerleader. To help you do all this, I've put together a short webinar for you to watch.



ACTION REQUIRED

Watch the Webinar - [CLICK HERE](#)
Use the space below for notes / answers

NOTES

NOTES

ACTION REQUIRED



Add the information below to the comments section of Day 2 Task post

1. What your inner-critic says most often.
2. What your inner-cheerleader will now say to you.