

Reframe Your Inner Critic

The Inner Critic Says...

“I always mess this up.”

A Kinder Reframe...

“This is a skill I’m building.”



Reframe Your Inner Critic

The Inner Critic Says...

“They’ll see I’m not good enough.”

A Kinder Reframe...

“I bring value, even when
I’m still learning.”



Reframe Your Inner Critic

The Inner Critic Says...

“I failed again.”

A Kinder Reframe...

“This didn’t go to plan, but I’ve grown through it.”



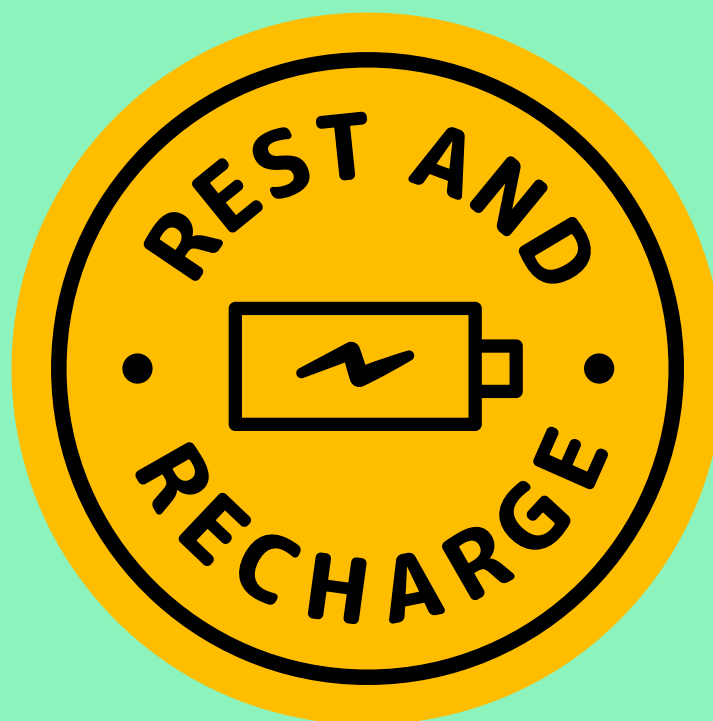
Reframe Your Inner Critic

The Inner Critic Says...

“If I slow down, I’ll fall behind.”

A Kinder Reframe...

“Rest is part of progress, not the
opposite of it.”



Reframe Your Inner Critic

The Inner Critic Says...

“I shouldn’t need help at this.”

A Kinder Reframe...

“Even experienced people ask for help.
Learning is part of progress.”



Reframe Your Inner Critic

The Inner Critic Says...

“Everyone else is doing better.”

A Kinder Reframe...

“I’m on my own timeline, and that’s OK.”



Reframe Your Inner Critic

The Inner Critic Says...

“I always overthink and waste time.”

A Kinder Reframe...

“Pausing to reflect shows that I care.”



Reframe Your Inner Critic

The Inner Critic Says...

“I don’t deserve to feel proud yet.”

A Kinder Reframe...

“Every step counts. I’m allowed to feel proud of progress.”

