

Worksheet # 2 – “Character Sketch”

Write a description and draw a character sketch of your Inner Critic from the visualization exercise you just completed.


Physical Characteristics?




Skills & Abilities?



Favorite Sayings/Stories?



Person or thing? He or she?



In the space below, draw an image of what your Inner Critic might look like, or use the silhouetted figure to draw in its most prevailing features.

