

Worksheet # 5 – “STOP, SPOT and SWAT the Inner Critic”



STOP	SPOT	SWAT
Notice the Enemy	Hit the Lie	Reaffirm the Truth
<i>“This is my Inner Critic speaking”</i>	<i>“This is the lie it wants me to believe”</i>	<i>“This is the truth I must remember”</i>

- 1) Think of a situation in your life where you can see your Inner Critic showing up and saying things that make you feel fear in your heart or doubt in your mind. What is this situation (feel free to revisit the lost hope/dream you identified at the start of the call)?
- 2) What is the lie my Inner Critic is telling me around this situation?
- 3) What is the truth around this situation that I can reaffirm and remember going forward?