

Taming the Inner Critic

Media journals help you to better understand your media consumption patterns make you feel and allow you to listen to your inner voice. Write down any critical thoughts from your journal to learn to silence your inner critic. Harsh negative self-talk will cause your performance to suffer and reduce the chances that you'll reach your goals. Practice taming your inner critic by changing the internal conversation.

Date	Time	Critical thought	What 3 things are you proud of?	What would you tell a friend?	Replace the critical thought with a more accurate and positive one. Repeat it out loud 3 times.