

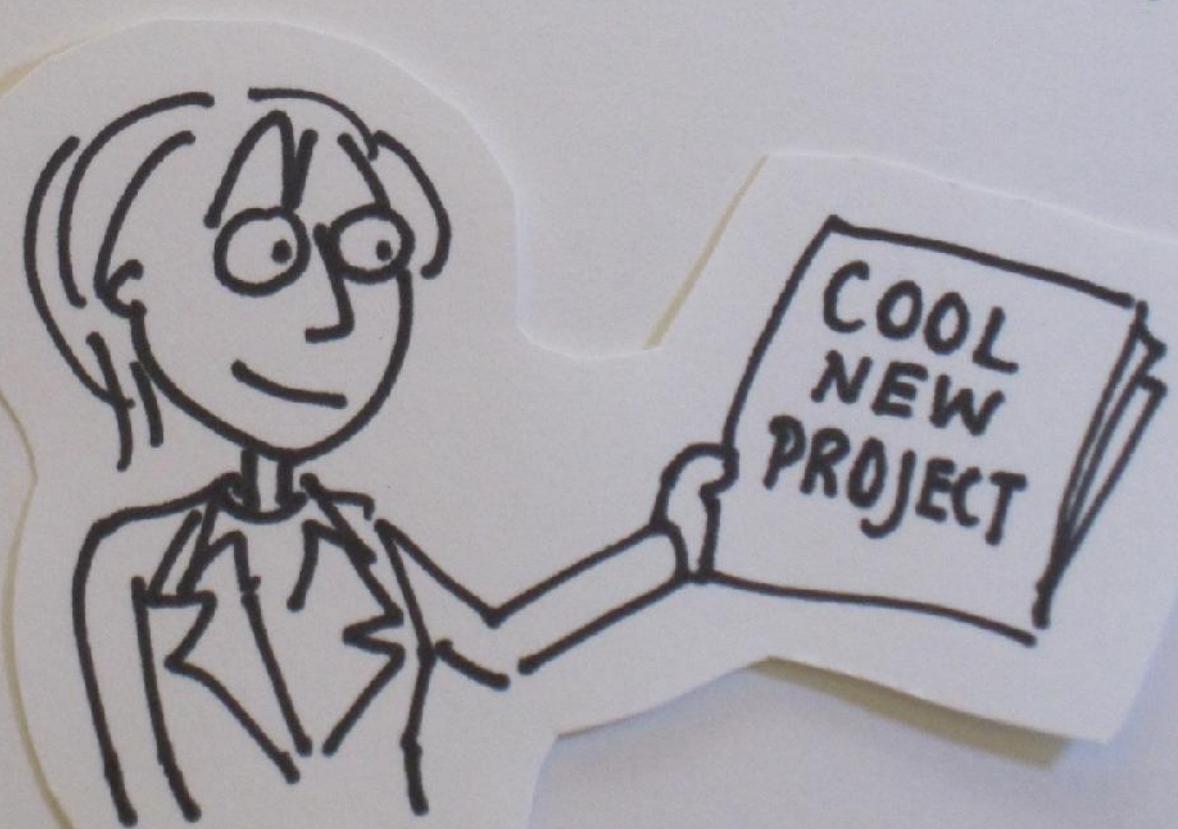
coaching
sanctuary

Presents:

Conversations
with the
Inner Critic-
Adventures in Finding Your
True Voice

Has this
happened
to you
?

At work, your boss
hands you a new
(and challenging) project...



But then,
a voice
says...

I'm not experienced
enough for this...
what if I
mess it up?



So
you
worry...



Or, maybe a friend
asks you for
a favor...



But then
the voice
says...

She won't like me
any more if I
say no!



So you say "yes,"
even though
you don't
have the
time...



Or you're invited
on a weekend trip

with
a
friend
...



But
that voice
says...

I'm not worth it...
I've got stuff to do,
I should stay
home...



... so you
don't
go.



Just
who is
that voice,
anyway?

That's
"Hilda",
your
inner critic.



I shouldn't...

I can't...



She thinks
she's helping
you,
keeping you
safe...

I don't
deserve it...

What was I
thinking?

Maybe
later...

I can't...

I shouldn't...

NO WAY!



...but
she's really
holding
you
back.

Well,
it's time for
another voice -

Well,
it's time for
another voice -

Your own
TRUE voice -

Well,
it's time for
another voice -

Your own
TRUE voice -

To tell "Hilda"
a thing or two.

I've
done
it!

I can do this project! I've got the skills and talent, and I'll work hard on it.



My friend will
understand... she
doesn't want me to
feel overburdened!



I deserve some
time and space
for myself!

hom...



So
turn up
the lights
on
your own
true
voice!
•



So
turn up
the lights
on
your own
true
voice!
•



-
CLICK!

...and put
"Hilda"
to better
use...

...taking
care
of you
instead!

Go get me
some coffee
or something...
make yourself
useful.



Go get me
some coffee
or something...
make yourself
useful.

Um...
okay.

...taking
care
of you
instead!



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to learn how to create
an empowering dialogue
with your Inner Critic.

Coaching Sanctuary is a self-help,
online, life coaching application
that helps women to create
the rest of their life with intention,
integrity, and the love of friends.

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