




Inner Critic Journal Prompts

What do you think about yourself? What do you think about your life? What do you think about the roles you play as a sister, friend, mother, ex-wife etc.?

If I'm not my thoughts, and I'm not this physical body, who am I?

If I could change one belief about myself what would it be?

What are common messages I heard from role models growing up that I have carried with me?



What would I do right now if I was capable of anything?