**“If you spoke to your friends the way you speak to yourself…”**

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Forgiveness

Permission

Choice

Freedom

Affirmation

Surrender

Gratitude

One thing I’d like to implement…

The next Inner Critic to Inner Coach date is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The next step: Flip YOUR Switch dates: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_