

# Inner Critic to Inner Coach

...your first step in the Flip YOUR Switch Program  
to real, transformational change

“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: \_\_\_\_\_



Belief Re-patterning: The Amazing Technique for “Flipping the Switch” to Positive Thoughts (Hay House, 2012) Suze Casey  
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