

simplylovable

*Outwit*  
**THE CRITIC**  
WORKBOOK



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# About Me

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My name is LaMora, and I'm a Licensed Clinical Social Worker, Relationship Revitalizer, Speaker, Consultant, Business and Life Coach, and Founder/CEO of The Healing Crest™ Counseling Services, where I teach individuals and couples how to build a healthy, loving relationship with themselves and one another.

I am also the CEO and Author and Creator of Simply Lovable™, created to help women drown out their inner critic, break free from the shackles of self-doubt, reclaim their personal power, and cultivate an attitude of self-acceptance.

As an entrepreneur who had to overcome crippling self-doubt to succeed, I quickly discovered that it takes more than a degree and credentials to build a thriving and fulfilling business. Through the use of positive self-talk and visualization, I've mastered the art of helping men and women heal, discover their self-worth, and learn how to honor, value and respect themselves.



# Inner critic

V.S. **INNER COUNSEL**

## inner critic

### EXAMPLES:

“ You are a failure, and you will never achieve anything in your life. Nobody likes you, which is why you don't have any friends.”

*It may constantly draw attention to our perceived faults and shortcomings.*

## inner counsel

### SOUNDS LIKE:

“ I matter and I am enough. Mistakes are lessons to help me learn. I will try my best. I am unique and awesome. It's okay to ask for help. I will get through this. I can always improve. I am enough.”

### THE ROLE OF YOUR INNER CRITIC:

Your “Inner Critic” is the *negative self-talk* that is more likely to come out if you've made a mistake or working on something that you feel is difficult.

### THE ROLE OF YOUR INNER COUNSEL:

Your “Inner Counsel” refers to the *positive self-talk* that you have with yourself, more likely to come out when you are succeeding.





# Limiting Beliefs

**IDENTIFY CURRENT BELIEFS THAT ARE HOLDING YOU BACK, THEN IDENTIFY A POSITIVE ALTERNATIVE TO CREATE A MORE PRODUCTIVE BELIEF.**

*For example, you may have learned when you were a child, that "money doesn't grow on trees". While it's true that money don't grow on trees, a more productive way of thinking would be, "I will be compensated for the value of the services that I provide to others; the more value I provide, the more I receive."*

**current belief:**

**positive alternative:**

**current belief:**

**positive alternative:**

**current belief:**

**positive alternative:**







# simply lovable



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# Contact Information

Founder/CEO, LaMora Pace



(754) 777-6871



[withlove@iamsimplylovable.com](mailto:withlove@iamsimplylovable.com)  
[info@thehealingcrestcounseling.com](mailto:info@thehealingcrestcounseling.com)



[@iamsimplylovable](https://www.instagram.com/iamsimplylovable)  
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