

simplylovable

Outwit THE CRITIC



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About Me

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:



[illegible]



simply lovable



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