

5 CRITICAL MINDSET SHIFTS YOU  
MUST MAKE IN ORDER TO



# SILENCE THAT INNER CRITIC!

Companion Guide



# ABOUT THE AUTHOR

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**Shalom, i am ChiChi Johnson.**

I am a International Mindset Coach,  
Speaker, Author and Founder of ChiChi Global

I help you Remove Self Limiting Beliefs, Negative  
Thinking, and become Unstuck in life.

In my High Level Mindset Coaching Program,  
we go deeper. There, I can help you develop  
a millionaire mindset and increase your focus  
and productivity.

The byproduct of this is, your creativity and  
revenue skyrocketing to new levels.

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MORE HELP?

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# Introduction

This worksheet is your Companion Guide on the journey to Silencing Your Inner critic and Unleashing Your Inner Champion.

It's filled with activities and prompts to help you gain awareness, challenge negative thoughts, and build a more positive and empowered YOU!

## 3 Questions to Ask Yourself As you are going through this Guide:

1. How Can I Use This Guide?
2. Why Must I Use This Guide?
3. When Will I Use This Guide?

This journey is yours to own. Take your time, be kind to yourself, and celebrate your progress. 🧑🏻‍🦯 🧑🏻‍🦯





## Tip #1: Identify your negative thoughts

### Activity: \*\* The Critic Log

For the next week, keep a "Critic Log" where you write down every negative thought you experience. Pay close attention to the situations that trigger these thoughts and the specific words your inner critic uses.

#### \*\*Prompt\*\*

- \* What are the recurring themes in your negative thoughts?
- \* What are the situations that seem to trigger your inner critic the most?
- \* Are there specific words or phrases your inner critic uses frequently?

## Tip #2: Challenge your negative thoughts

### Activity: \*\* Reality Check

For each negative thought you identified, challenge its validity. Is it based on facts or fear? Look for evidence to counter the negative thought and replace it with a more positive and realistic one.

#### \*\*Prompt:\*\*

- \* Is there any evidence to support this negative thought?
- \* What are some alternative, more positive ways to look at this situation?
- \* What would you say to a friend who was thinking this way?





### **Tip #3: Practice positive self-talk**

#### **Activity:\*\* Positive Affirmations**

Start your day with positive affirmations. Write down statements that affirm your strength, worth, and capabilities. Repeat these affirmations to yourself daily, especially during challenging times.

#### **\*\*Prompt:\*\***

- \* What are some positive qualities you possess?
- \* What are some things you are capable of achieving?
- \* What are some affirmations that would bring you comfort and confidence?

### **Tip #4: Surround yourself with positive people**

#### **Activity:\*\* Create Your Support Network**

Identify the people in your life who uplift and inspire you. Make an effort to connect with them regularly, join supportive groups, and seek mentors who can guide and encourage you on your journey.

#### **\*\*Prompt:\*\***

- \* Who are the positive and supportive people in your life?
- \* Are there any online communities or groups focused on self-improvement and personal growth that you could join?
- \* Who could you reach out to for mentorship or guidance?
- \* What would you say to a friend who was thinking this way?





## Tip #5: Nourish Your Body and Soul

### Activity: \*\* Wellness Plan

Create a personal wellness plan that includes healthy eating habits, regular exercise, and adequate sleep. Prioritize activities that bring you joy and help you manage stress and anxiety.

#### \*\*Prompt:\*\*

- \* What are some healthy foods you can incorporate into your diet?
- \* What types of physical activities do you enjoy?
- \* What are some relaxation techniques that help you manage stress?

### Additional tips:

- \* Be patient. It takes time to change your thought patterns.
- \* Be kind to yourself. Everyone has negative thoughts from time to time. Don't beat yourself up for having negative thoughts.
- \* Celebrate your successes. When you have a positive thought, take a moment to celebrate your success.

Remember, you are worthy of love, respect, and happiness. Talk to yourself the way you would talk to a friend.

**Congratulations You Just Took the First Steps To Creating A Life on Your Own Terms!!**





NEED MORE INSIGHT & SUPPORT?

# The Mindset Reset Challenge!

Are you tired of feeling stuck? Learn Mindset Mastery and take back control of your life!

- Discover the mindset habits that are holding you back and learn how to change them
- Stop self-sabotage and start achieving your goals
- Overcome fear and self-doubt to finally take action towards your goals
- Develop a growth mindset that allows you to learn from failures and setbacks, instead of being defeated by them.

Don't let your mindset hold you back any longer! Sign up for our Mindset Reset Challenge today. Click the button below to get started.

YES, I'M READY TO MASTER MY  
MINDSET!

