

Takeaway Sheet: *Flipping the Script – From Self-Criticism to Self-Compassion*

Theme: Talk to yourself like someone you love

GGC - December 2025 - Mindset: Week 2 - 12-8-25

Identify Inner Criticism and Where It Comes From

- Notice the voice in your head—does it sound like someone from your past?
- Understand that inner criticism often comes from fear, not truth.
- Awareness is the first step to reclaiming your narrative.

Practice Self-Compassion Without Guilt or Shame

- Kindness to yourself is not selfish—it's necessary.
- You can be both growing and gentle with yourself.
- There's no need to earn compassion—it's already yours.

Replace Judgmental Thoughts with Encouraging Ones

- Shift “I should’ve” to “I did the best I could.”
- Rewire your inner talk to match how you’d speak to a loved one.
- Encouragement invites growth; judgment shuts it down.

Confidence is the Willingness to Keep Showing Up Anyway

- Don't wait for doubt to disappear—move forward alongside it.
- Confidence is built through courageous repetition.
- Showing up is the win, even when it's messy