

## Quieting the Inner Critic

Making your thoughts work for you has to be an intentional choice. The mind is a powerful tool designed to help you grow and move forward in God's purpose and plan for your life. Quiet that critic and be encouraged!

### The Critic

- ❖ It is too overwhelming. I don't have time to start right now.
- ❖ I'm afraid it is going to turn out awful. I'll wait to get started until I know exactly how I want to do this.
- ❖ I know it won't be perfect and I'm really dreading the scrutiny.
- ❖ I always fail.
- ❖ Nothing ever changes for me.
- ❖ I'll never make it, this is too hard.

### The Encourager

- ❖ Moving forward is a sign of standing in authority and divine power.
- ❖ I don't have to move forward perfectly. I give myself permission to do this imperfectly---so long as I do it.
- ❖ I will never gain everyone's approval and I am perfectly okay with that. I refuse to be bound by a fear of people.
- ❖ I made a mistake but at least that is one mistake I won't have to make again.
- ❖ This is a new day. **Your** mercy is new every morning and **your** love never changes.
- ❖ I am a productive energetic person. Moving forward is what I do. And when I do it, I become unstoppable!