



This exercise has 4 parts: Anger, fear, request, love. I'm going to cue you with a sentence starter, I want you to repeat my words and then complete each sentence.

So starting with anger, complete the following sentence as if your inner critic were talking to yourself out loud.

ANGER – I'm angry at you for...

FEAR – If you don't change, I'm afraid you will...

REQUEST—I recognize that you really want to live the best life ever. My request is that you let go of _____ so that I can _____.

LOVE – I love you! You deserve...

Based on these new insights, which actions (no matter how small) are worth taking?"

On a scale of 1-10 how committed are you to following through on this?"

If it's below a 10, what would have to be true for you to be committed at a level 10?