



Mindset Musing #13: Bonus Tip: The INNER Process

This is a bonus tip (#26) to the book, *So Long Inner Critic, Hello Inner Champion: 25 Tips to Master Your Mindset*. It's a go-to process that's easy to remember and apply during those times you are caught off guard by your Inner Critic and want to quickly shift to a more positive, empowering mindset.

"INNER" is an acronym for a go-to five-step process whenever you find yourself faced with an inner critic thought. The five steps include:

1. **I**dentify the problem/trigger. Ask yourself, "What happened?" Note just the facts (mentally, verbally or in writing).
2. **N**ame all the beliefs associated with that problem. What did you say to yourself as soon as you were faced with the problem/trigger? How did you feel?
3. **N**ote the impact or consequences of holding on to those beliefs. How did you respond when you held those beliefs? Is the way in which you responded helping or hurting you? Are those beliefs supporting the goals or vision of your best self?
4. **E**valuate for distorted thinking. Is what you are thinking or saying to yourself undeniably true? What other perspectives or opinions could you have about the situation/problem?
5. **R**edirect. Choose a new belief – one that is empowering and reflects your Inner Champion Voice.

Contact Marcie at 708.373.9613 for support in using the INNER Process to Master Your Mindset.