



Mindset Musing #2: Inner Critic Cost/Benefit Worksheet

Once you know who your key inner critics are, it's necessary to understand what benefit you gain by listening to that voice as well as the consequences. Oddly enough, we do get some benefit from holding dearly to the thoughts and beliefs associated with our inner critic. This benefit, however, often masks the longer-term consequences. This worksheet will bring to light both sides so you can conduct a "cost/benefit analysis" and determine which side will influence you to either stay status quo or change.

Inner Critic Name	Key Beliefs (associated with inner critic)	Benefits (to me and others)	Costs (longer-term consequences to me and others)
<i>Example</i> "Perfectionist Patty"	<i>Example</i> People will like, love, or respect me more if I am perfect.	<i>Example</i> I get to look good in others' eyes.	<i>Example</i> I feel physically, mentally and emotionally exhausted. I am resentful of others if I don't receive the praise and appreciation I feel I deserve.

Summarize your findings. As you assess the impact of acting in accordance with your inner critic, which weighs more heavily– the benefits or longer-term consequences? And is that answer acceptable to you? Use the 25 Tips in *So Long Inner Critic, Hello Inner Champion to: 25 Tips to Master Your Mindset* to help you shift out of your inner critic thinking and beliefs.

Contact Marcie at 708.373.9613 for assistance with this exercise.