



## Mindset Musing #10: Supportive Environment Template

No doubt, there are people and situations in your world that will challenge your ability to stay connected to your Inner Champion Voice. Their snarky comments, nonverbal cues or signature behaviors (e.g., use of sarcasm) can reinforce the Inner Critic Voice within seconds. The best antidote to those psychic vampires is to proactively have people in your life that will counter these messages and support your Inner Champion Voice. Use the template below to 1) identify your psychic vampires by name and 2) identify people by name who will support your Inner Champion Voice. Consider situations both at work and at home.

Remember, you will want one to two people to be your go-to accountability partner who will help you get control of your inner critic. Then identify one person (by checking or highlighting) to serve as your “ANT (Automatic Negative Thought) Exterminator.”

Situation	Psychic Vampire	Supportive Person
<i>Example</i> Pitching an idea or solution to your boss. .	<i>Example</i> Your boss frames her response by saying, “The problem with that is ...”	<i>Example</i> Colleague who shares the same boss and who respects your wisdom and experience.

Contact Marcie at 708.373.9613 for assistance in creating your own Success Team.

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