

4 WAYS TO SILENCE YOUR INNER CRITIC

Commit to a positive morning routine

Exercise, gratitude, meditation – whatever works for you.

Stop comparing yourself to others

They haven't walked your path and you haven't walked theirs.

Challenge your self-talk

Recognise your negative "stories" and call it out for what it really is.

Make a list of positive things about yourself

Remind yourself how fabulous you are – over and over and over again.