

BLOTS VS. INNER CRITIC

WHAT IS THE SAME ABOUT THEM?

- Both can interfere with our confidence levels.
- Both keep us in our comfort zone
- Both can be managed

BLOTS

Build habits to highlight strengths

- Uncover Blots
- Understand triggers and when to dial up and down
- Get clarity on Leaderstamp
- Commit to habits that showcase strengths

WHAT IS DIFFERENT ABOUT THEM?

- Blots are specific behaviours that we project outwardly - others can notice them.
- Inner critic is an internal voice
- Require different strategies for management.

INNER CRITIC

Micro manage everyday until power diminishes

- Observe - notice message and hold this message out in front of you - separate
- Neutralize - visualize message dissolving
- Replace - with a positive message to yourself
- Repeat - daily (or hourly when the stakes are high) for as long as it takes!

Caution!

“Your Inner Critic beats you up because of your Blots”

Shared by Andrea CYL Pilot Participant