



Stop Your Inner Mean Girl in Her Tracks: 5 Practical Ways to Interrupt Your Inner Critic & Align with Your Awesomeness Everyday!

Hey, I'm so glad you're ready to put your mean girl in a time out!

I get it!! I know you've come far working on yourself & you're doing pretty great at it, but that mean girl can be relentless, that's where I struggled too!

I tried everything to 'change my mind'... to consistently take the time to practice gratitude because I heard it was so beneficial for me. I bought all of the journals, I woke up at ungodly hours, I tried the apps & followed the gurus. But life is crazy busy & nothing really stuck.

Until... instead of trying to fit my life around a gratitude practice, I decided to fit a little bit of gratitude into my hectic life everyday.

These 5 doable steps are the key to accessing your Inner Strength at a moment's notice!

Let's be real, we all have thoughts running in the background of our mind! All day. Every day. So let's take charge of 'changing our mind' by taking advantage of those moments when we may not notice where our thoughts are taking us.

I noticed patterns of when my mind ran off in stories sending me on an emotional spiral. Then I discovered that it was actually pretty simple to take back the power of my mind, by purposefully choosing my thoughts at certain moments of each day.

And that's when everything changed for me!!

So let's dive in...

1) Clean Your Vibe, not only your body in the shower. Visualize the negativity, stress & anxiety being washed away down the drain, all the way as far as you can imagine it go.

One day I caught myself! I noticed that every time I was in the shower I was focusing on my stressors & worries. So I decided to consciously notice what was going well, to 'change my mind' & focus on gratitude for the good things in life. With this little shift, I was setting myself up for a better day ahead.

Pro Tip: We all love to sing in the shower, so belt it out loud! Make up a song out of what you're grateful for & add in your daily affirmations. It's a silly, fun & effective way to make it more powerful!

2) Build Your Positivity Muscles while walking &/or working-out. Cherish this time when you get to be in your head & let's make it work for you. Look for the beauty in your surroundings & enjoying time with your pet on a walk (if you have a fur baby). Appreciate your capable body & getting stronger each day.

3) Wash Your Mind Out with Soap...JK, but acknowledge everything you already have as you're cleaning & doing household chores. Our brains are hardwired for always wanting more, so turn this into a moment for gratitude & appreciation, 'change your mind' about "what you're lacking".

4) Nourishing Benefits. Did you know there's scientific evidence that blessing your food before eating it helps you to digest your food? By taking a few short moments to breathe deeply & appreciate the food you're about to eat turns on your body's 'rest & digest' system. So whether you're spiritual, religious, or an atheist, Gratitude at mealtime is beneficial for you & nourishes your body & mind.

5) Interrupt That Thought Pattern. Guess what?! Everything you focus on expands, producing more of what you're focused on into your world. Training your brain to focus on what's going well vs what isn't has a host of scientifically backed benefits...

Allowing our brains to release our 'feel good' chemicals - serotonin & dopamine

Leading to decreased anxiety & banishing your inner critic.

Improving your relationships...

& so much more!!

When I established a regular routine of the tips I'm sharing, I took charge & became much more in-tune with when my inner dialogue was helping me & when it was causing me turmoil. I hope you find it as helpful for you as it is for me.

But, decluttering the brain so you can 'change your mind' doesn't happen overnight, it takes practice!

As a Master Transformational Hypnocoach, I help individuals Become their own Biggest Champion & Own Your Voice to build the kind of relationship with yourself that you feel good about, so that You Can Rise to Your Full Potential

If you'd like to see if I can help you get these outcomes for yourself, [book an Aligned Living call here](#) & let's chat!

XOXO

Cari

