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- Lets do lunch - eating for afternoon energy



INSTRUCTIONS FOR HAPPINESS - PART 8

BY SUSIE PEARL

'Let your inner critic take a holiday'

In all of my coaching experience, one of the strongest blockers to harmony and peace in so many people is their inner critic. This is the voice that runs inside the mind commenting (badly) on all that is going on. 'You don't deserve that'; 'Something is bound to go wrong'; 'I don't see how can it work'; 'I don't have enough money'; 'I am too fat/thin'; 'Relationships always mess up' and so on. It's a running commentary that many of us have continuously, and one that can have a significantly negative effect on our everyday life.

Technique: Give your inner critic a well-deserved holiday. Over the next seven days, monitor your inner critic. Take note of your habitual thinking style and notice any inner comments that do not serve you. Keep a note pad near by and take note of some of the bad things you say to yourself. Invite your inner critic to take a hike and now swap your attention to something positive instead. Make sure your inner critic takes some time off, ideally, permanently.

Affirmation: I am aware of my inner mind chat and I choose to be kind, supportive and encouraging to myself at all times.

Enjoy each day.

Susie Pearl is a writer and broadcaster on happiness. Her book 'Instructions for Happiness' is published by Quadrille. Visit: susiepearl.co.uk



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