



## **How Can We Be Less Hard on Ourselves?**

We are our own worst critic – plain and simple. It's important to remember that what we tell ourselves will either lift us up – or tear us down. Staying positive is CRUCIAL when we are working on achieving a goal - or hey, just in general!

Here are some tips on how we can be less hard on ourselves when working on a goal – and become our biggest supporter instead of our biggest critic.

- **Reaffirm what it is that you want – remember your WHY**
- **Stop comparing yourself to others – it's hard, but TRY!**
- **Celebrate success – even a “small” success is HUGE**
- **Forgive yourself – everyone has a bad day, so dust yourself off and start again. At ANY TIME.**
- **When you hear that inner critic - challenge it and tell it F\*CK off!**
- **Eliminate the phrase “I can't” and negative self-talk:**
  - Think of it as “a new opportunity”, not, “I've never done this before”
  - Try to “tackle it from a different angle” instead of saying “it's too complicated”
  - Say “let's take a chance” instead of “it's too radical a change”
  - “I'll give it another try” instead of “I'm not going to get any better at this”

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