

Fire Your Inner Critic

A Simple Guide to Building Confidence, Clarity & Momentum in Life and Business

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Free Guide

Introduction: The Price We Pay for Listening to the Inner Critic

“I’ll come back” I half-heartedly told my English Professor. “But quitting before the class is over will damage your GPA!” She yelled at my shadow as I walked out the door. I quit because I succumbed to negative thoughts. I was beaten down by self-doubt telling me “Go earn money, college is a huge expense and your just not smart enough. I let my inner critic chase me out of a college education. Because of this I was not invited to corporate meetings and missed out on many promotions. Fast forward to December 2024, I sat at my graduation party with my family and friends. On the table was my graduation folder for my Business and Information MGMT degree. “What will you do with your degree?” My friends asked. “I am going to be a Christian Business Consultant and Life Coach!” I wanted to help others defeat their inner critic. I wanted to expose the fact that behind the inner critic’s taunts was fear and shame.

Have negative thoughts ever kept you from progress?

The dreaded voice that says, “You’re not enough!”, “You will fail.” Or “Give up already!” This is the negative **Inner Critic**. As a Coach I see how the damage can be personal or professional:

- Business launch delays.
- Brilliant minds staying in dead end jobs or relationships.
- Products and services grossly undercharged.

This guide will help you **FIRE** your inner critic and help you:

- Silence the doubt.
- Trace it back to its beginnings and cancel it for good.
- Move forward with confidence.

Use your voice to start professing out loud “I can do all things through Christ who strengthens me.” (Philippians 4:13) Hearing your own voice profess such things is a powerfully motivating exercise. I keep a picture of five-year-old me on my desk and say out loud “I’ve got you covered!” Don’t let fear be the line leader of your life.

What Is the Inner Critic?

Nelda Andersone Ph.D. in her article on [“Understanding the Inner Critic”](#) describes the inner critic as a “...pervasive and destructive stressor contributes to psychological suffering.” Even high achievers suffer from anxiety over potential failure. A profound feeling of inadequacy quickly floods us when the inner critic is allowed to prevail. It is incredibly helpful to meet these mental assaults head on. We must be proactive by analysing its origins such as:

- Parental expectations in childhood.
- Negative adults in our youth.
- Fear of ridicule.

Challenge the inner critic with these powerful tips:

- Write down and read aloud all the positive facts.
- Ask a friend or Coach to tell you what they admire about you.
- Say “That’s a lie” then speak the truth out loud.

In the book of John 8:32, Jesus explains the benefit of following His teachings ““If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free.”” We must always seek the truth and not submit to doubt and fear. Truth empowers us and challenges us to move forward in Business or Life.

How the Inner Critic Sabotages Your Growth

A critical mindset can cause chaos in our lives by undermining progress. To achieve growth, you must counter the inner critic the moment it starts. Otherwise, operations or plans get delayed or halted altogether. Having a history of lost opportunities adds fuel for the inner critic to rehearse. It won’t be long before you start believing the lies which cause unnecessary stress and

anxiety. In a state of confusion, we may turn to people pleasing or poor boundaries. Ultimately this means settling for less than you deserve.

In Business and Life, the unleashed inner critic will cause us to:

- Questioning everything.
- Doubt truth.
- Struggle in relationships.

The inner critic will always strive to keep you stuck, but confidence thrives on **ACTION**. Believe that you are meant for more. Don't let the inner critic make you doubt everyone's decision or motives. This will lead to debilitating mistrust, continued scepticism and unnecessary hesitation. The book of [Hebrews 11:1 \(NKJV\)](#) "Faith is the assurance of things hoped for, the evidence of things not seen." The apostle Paul explains that faith is a certainty beyond what is seen. Faith is all we have when you consider Earth is a rock floating in space. We should all use the bible as a powerful strategy against the negative inner critic.

Silence the inner critic: Shift Your Mindset

Gary Klein Ph.D. in his article [*"Shifting Mindsets: What Does It Take?"*](#) Describes mindset shifts as "...replacing our dysfunctional beliefs with more productive ones that change the options we consider and even our identity. Mindsets can be a powerful way towards success. However, it requires practice and new routines. For example, instead of saying "Maybe I'll hike" to "I will hike" then look up trails. Set your clock to leave earlier to make time for a hike. Invite a group of friends so this way you are committed.

Try this **3-step mindset shift**:

- 1. Cancel the thought:** Of "You won't hike" to "I will enjoy the trip and take pictures."
- 2. Question the Thought:** What are the positive truths? Your strength? Your endurance?
- 3. Replace the thought:** "I will hike", "I have my outfit ready", "The group will be there"

You don't need confidence to act, just move! All these mindset shifts take time **AND** you are worth every minute. Focus on movement, progress and forget about perfection. Starting a history of believing in yourself takes one memory at a time. Surround yourself with positive people that you admire. Hire a Coach to help you see around corners and come up with action steps you can be excited about. Soon as your motivation increases you will be experiencing less anxiety. Your relationship with yourself and others will improve. The book of 2 Timothy 1:7 tell us, "7 For God has not given us a spirit of fear, but of power and of love and of a sound mind." God did not create us to be fearful of the inner critic.

Act now!

Visions and goals can turn into reality when you have action steps. Start a prayer/vision board and place pictures of all the things you want to achieve. Be sure to place it in a prominent area of your office or home. You can even upload it to your desktop and laptop screen. Pictures send powerful messages to our brains to stay focused on our goals. This is just like when you research to buy a car suddenly you see that model everywhere. Remember fight the need to feel ready. Keep your "To do" list simple and small such as:

- **Send the invite.**
- **Create the content video.**
- **Set the boundary with zero guilt.**

I really admire [Mel Robbins Five Second Rule](#) which is to count out loud to five backwards then get up. Each memory of achieving something proves you are more than capable. And if you mess up know that you don't need approval or have everything, be perfect. Commit to your own growth, momentum follows movement. If you goof just say out loud "I'm not perfect AND I love and accept myself unconditionally." Your voice has power so use it often and loudly. Be grateful for all the good in your life and always pray. Prayer is very powerful and it allows us quite time to really consider life.

Final Reflections & Future Steps

Never let your inner critic run your life. Be sure to charge your worth, take up space and build success on your terms. Choosing to be positive comes with a lot of benefits. Your resilience and focus will improve. You will start becoming more solutions oriented with an attractive "Can do" attitude. Just be patient,

these traits take time. Start seeing obstacles as temporary situations and not roadblocks. According to the Mayo Clinic article on [“Positive Thinking: Stop negative self-talk to reduce stress”](#) explains that science knows that “Positive thinking helps with stress management and can even improve your health.” Simple techniques you can start today including:

- Be open to humor, laugh and smile more.
- Surround yourself with positive people.
- Look in the mirror and practice saying, “I love you!”

Thought to consider:

What have you delayed in completing? What simple thing can you start to make it happen?

Would you like deeper growth? I’d love to help.

Book Your Breakthrough Call!

- Schedule a **FREE 15-minute discovery session.**
- Work with me one on one or join my workshops.
- Get an idea of how I work by following me on:
 - [Instagram](#)
 - [Facebook](#)
 - [TikTok](#)
 - [YouTube](#)

Give yourself the **gift of moving forward and build** your confidence for a brighter future!

Holy Hugz,

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