

30

*day challenge*

**TO CRUSH YOUR INNER CRITIC  
& BOOST YOUR CONFIDENCE**

**FREE INSTANT ACCESS**

[www.crushyourinnercriticchallenge.com](http://www.crushyourinnercriticchallenge.com)



# Week 1 - Awareness and Reframing

## *Day 1 - Identify Your Inner Critic*

Write down common negative thoughts and patterns.  
Awareness is the first step.

## *Day 2 - Name Your Inner Critic*

Give it a name to separate it from your true self.  
Examples: Cruella, Dr. Killjoy, Ms. Play it Small

## *Day 3 - Challenge a Negative Thought*

Pick one negative thought and ask yourself, "what if this isn't true?"

## *Day 4 - Rewrite the Narrative*

Rewrite a self-critical thought as an empowering statement

## *Day 5 - Journaling Exercise*

Write about a time you succeeded despite self-doubt.

## *Day 6 - Mindful Awareness*

When self-doubt arises, pause and take three deep breaths before reacting.

## *Day 7 - Choose a Mantra*

Pick a positive affirmation like "I am worthy of my dreams". Repeat it throughout the day



# Week 2 - Rebuilding Self-Trust

## Day 8 - Set a Small Goal

Accomplish one small goal today to prove your inner critic wrong.

## Day 9 - Mirror Talk

Look in the mirror and say three kind things about yourself.

## Day 10 - Celebrate a Win

Write down three wins from the past week, no matter how small.

## Day 11 - Gratitude Practice

List five things you appreciate about yourself.

## Day 12 - Reframe Failure

Write about a failure and what it taught you.

## Day 13 - Say "No" to Perfectionism

Complete a task with the understanding that done is better than trying to be perfect.

## Day 14 - Create a "Proof List"

List 10 reasons why you are capable and worthy.



# Week 3 - Empowering Actions

## Day 15 - Act As If

Show up today “as if” you are the most confident person in the room.

## Day 16 - Silence Comparison

Unfollow or mute all social media accounts that trigger self-doubt.

## Day 17 - Try Something New

Step outside your comfort zone to try something new today.

## Day 18 - Speak Kindly to Yourself

Speak to yourself as you would speak to a friend who needed encouragement.

## Day 19 - Surround Yourself with Positivity

Spend time with uplifting people or listen to an inspiring podcast.

## Day 20 - Own Your Strengths

Write down five skills or talents that make you unique and love about yourself.

## Day 21 - Do Something That Scares You

Take one bold action you've been avoiding.



# Week 4 - Solidifying Self-Confidence

## Day 22 - Daily Affirmation Practice

Choose an empowering affirmation, such as "I can & I will" and repeat it throughout the day.

## Day 23 - Let Go of the Past

Forgive yourself for a past mistake and release it.

## Day 24 - Set Boundaries

Say "no" to something that doesn't align with your values.

## Day 25 - Stand Tall

Practice confident body language (shoulders back, head high).

## Day 26 - Revisit Your Proof List

Add five more reasons you are capable and worthy of your dreams.

## Day 27 - Write a Letter to Your Inner Critic

Thank it for trying to protect you, but let it know you don't need it anymore. Say goodbye.

## Day 28 - Write a Letter to Your Future Self

Tell your future self that they are capable and worthy of making all their dreams come true.



# Almost There - Final Two Days

## Day 29 - Do One Thing You Love

Prioritize something that brings you joy.

## Day 30 - Reflect & Celebrate

Look back on the past 30 days and celebrate your progress.

Congratulations, you did it!

Over the past 30 days, you've quieted your inner critic and reclaimed your power—now it's time to step forward with confidence. You are worthy of a life filled with self-trust, joy, and authenticity.

If you're ready to deepen this heart-centered journey of self-discovery and empowerment, I'd be honored to support you. On the next page, you'll find a list of my services and the various ways we can work together.

Let's connect and take the next step toward creating a life you truly love. ❤️

With Love & Gratitude,

Nancy



# SERVICES



## ACCOUNTABILITY SESSIONS

STAY MOTIVATED AND ON TRACK WITH WEEKLY OR BI-WEEKLY SESSIONS.

STARTING FROM \$125.00/30 MINUTES

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## BEYOND LIMITS – SMALL GROUP COACHING

A POWERFUL 12-WEEK JOURNEY DESIGNED TO HELP YOU STEP OUT OF YOUR COMFORT ZONE AND EMBRACE NEW POSSIBILITIES, WITH THE SUPPORT OF A COMMUNITY OF LIKE-MINDED WOMEN.

INVESTMENT \$2,500.00

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## ONE-ON-ONE COACHING WITH NANCY

AN INTIMATE 12 WEEK JOURNEY WHERE WE UNCOVER WHAT'S HOLDING YOU BACK, SO YOU CAN MOVE FORWARD WITH CONFIDENCE AND CREATE A FULFILLING LIFE YOU TRULY LOVE!

INVESTMENT \$4,500.00

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## INTUITIVE GUIDANCE

INTUITIVE INSIGHTS AND SUPPORT, EMPOWERING INDIVIDUALS TO NAVIGATE THEIR PATH WITH CLARITY & CONFIDENCE.

STARTING FROM \$111.00/30 MINUTES