

Notes to Self

Change your tune from negative and judgmental to empowering and encouraging

Paying attention to only the negative voices in your head can lead to anxiety, depression, and low self-confidence. You can reframe your perspective with your words.

Change up your vocabulary and what you say to yourself. When you change what you focus on and repeat something new, you'll soon be singing a different tune!

Your inner critic says...

Your inner voice coach says...

Judgmental and Demeaning	Supportive and Compassionate
Can't I can't sing this phrase. I don't have what it takes.	How can I ...? What if I do something different? What's another way?
But I really want to audition, but I have to practice more.	And I really want to audition, and I get to practice more.
Should I should know this by now.	Could I could know this soon if I...
All or nothing I have to be able to answer every question or they'll think I don't know what I'm doing.	Imagine possibilities. If I ask for more information, it shows I'm willing to learn and improve.
No agency, stuck, limited I must get this done by Thursday. I have no choice.	Acknowledge choice. I could ask for an extension, to reschedule, or for help.
Worst-case scenario I'm going to mess up, I always forget the words and lose my place. What if my shoes are too tight?	Leverage worry into preparation. If the worst were to happen, here's what I'd do to deal with it.
Mind-reading, assumptions I bet they think I look dumb. My director never smiles at me. They must not like me.	Asking creates clarity. Once I have more information, then I'll get some ideas about what to do next.
I'm too... [high, low, big, small, young, old, flat, sharp...]	Present moment is now. I do the best I can with what I know now. When I know better, I'll do better.

Now you try! Fill in the blank with the words you use, then change them to a different, more positive perspective.