

How To Transform The Energy of Negative Self-Criticism & Judgement

Your ability to shift and transform the energy of your negative self-criticisms and judgements into new thoughts and feelings that uplift and empower you to move you in the direction you want to go is one of your super powers!

Use this worksheet any time you notice yourself negatively judging or criticising yourself and/or other people to level up the way you see yourself and elevate the energy you are putting out into the world around you.

Step 1. Connect in with your heart space and simply notice whatever thoughts or feelings are happening as you *observe them in your awareness*

Step 2. Accept that it's ok... that sometimes we can all think these kinds of negative thoughts, and that *its just an old habit you're now in the process of shifting and transforming*

Step 3. Use your inner power of self awareness as you ask within your heart space:

- *What happens for me when I think these negative thoughts?*
- *Does it feel good for me or does it feel not so good?*
- *Does it feel like it helps me or maybe does me harm?*
- *Who, what, or where did these thought patterns come from?*
- *Are these thoughts absolutely 100% true, 100% of the time? Or are they more stories I've been telling myself are true?*
- *Do these thoughts really serve me to move me forward in the direction I want to head?*

CRITICISM & JUDGEMENT WORKSHEET

Step 4. Now use your inner power of CRITICAL THINKING and DISCERNMENT to go into your heart space and ask:

- *With this new awareness, what feels right for me going forward?*
- *What new thoughts can I now choose to think to support me in this?*
- *What new stories can I now choose tell myself to empower me in this way?*
- *What new feelings can I now choose to feel to activate my positive energy?*
- *What action step can I now take to move me forward in the direction I want to head? And when will I now take this action?*

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

If you'd love to receive more helpful tools to live your full potential and connect with an empowering community of like-hearted souls, join **LUYIP. CIRCLE** at **WWW.LUYIP.COM**