

# Lesson 1: Quieting Your Inner Critic and Aligning With Your Truth

*If no matter how successful you are or hard you work your inner critic always finds a way to remind you that it's not enough, it's time to try a new approach.*

*The voice of your inner critic may always be there to a degree - and that's OK! Your job isn't to make her disappear. The work is inconsistently grounding back into your truth and learning to respond with such deep and authentic self-love and compassion, that her voice doesn't matter.*

**Begin by grounding out of your head using the process in Video 1.**

- Return your body and your breath. Take 10 deep belly breaths
- Send your roots down into the Earth below you
- Allow your body to receive the nurturing, grounding, and supportive energy
- Repeat the following mantras
  - I am safe
  - I am supported
  - I am loved
  - I am so much more than enough
- Listen to and receive what your higher self most desires and knows to be true for you

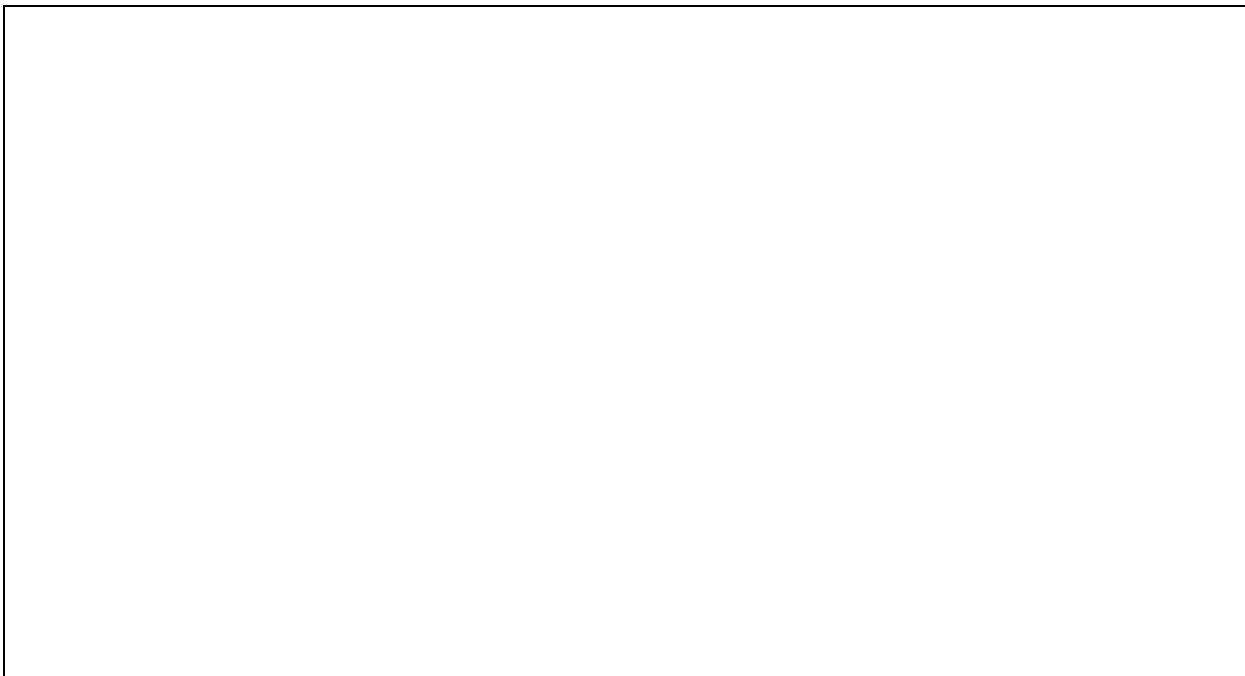
**When I ground out of my head and align with my truth, what is the highest vision being called forth from me right now? What does my happiest, healthiest, highest self desire?**

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**What could be slowing me down standing in the way or stopping me from having everything that I just imagined? What stories and limiting beliefs am I buying into?**



**Where do these fears, stories, and limiting beliefs come from? Are they even mine? From where did I get these beliefs? Are they true?**



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**How was I taught to care for myself when I'm feeling afraid, unsafe, unworthy, stressed or unloved? What was modeled to me from the behavior (explicit and implicit) of my parents, caregivers, and culture?**

**What do I know now that helps me to feel safe, loved, and enough? What would it look like for me to speak to and care for myself as a child? What do I REALLY need to hear when I'm doubting myself or feeling afraid, anxious, or stressed?**

The logo features a stylized signature of the name "Julia" above the word "BALTO" in a smaller, sans-serif font.

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**From today forward, when I hear the voice of my inner critic what can I commit to saying, doing, or thinking from a place of deep self-love and compassion? E.g. remind myself that I'm enough, take a bubble bath, give myself a hug, go for a walk, take a deep breath, journal, meditate etc.**

**1.**

**2.**

**3.**

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