

hannah
A U S T I N



The HELLO, HEAD, MEET HEART Toolkit

WEEK TWO

SHESHATTERS.COM

Week Two

Clearing our Minds, Reprogramming our Negative Thoughts

My therapist always told me that those annoying negative voices in our heads - our "inner critics" - do not respond well to us silencing them. Instead, they keep coming back, asking for more attention. Your inner critic wants to be heard, and if you're ever going to create healthy, anti-burnout boundaries, you'll have to hear her out.

Before you listen too closely, though, you need to get to know her a little better, because let's be honest: you wouldn't take such personal advice from just anyone.

That's why the first step is to define your inner critic. Imagine her as an imaginary character in the room, like an annoying little sister. The premise is that if your inner critic is allowed to be "in the room" and made to feel heard, then she won't need to shout to be heard, and eventually, the noise will stop altogether.

Then, once you have a clear picture of who your critic is, you'll be more able to set boundaries that limit her negative influence. This second step is critical to finding balance in your mind and feeling happier in yourself - and that's what this exercise is all about!





1

Inner Critic Exercise

Think about your inner critic. Give him or her a persona and a name, and describe them in detail. What gender are they? What are they wearing? When do they shout, and what do they nag you about? Does your inner critic remind you of someone? If so, who?



2

Inner Critic Exercise

What is your first memory of your inner critic? When did that voice. start showing up? How old were you? What did you experience? How did you feel?



3

Inner Critic Exercise

Write down what you would like to say to your inner critic in a few sentences, explaining the impact their negativity has on you. Do not stop until you have exhausted the list of transgressions.



Inner Critic Exercise

Create space to cry (and even yell) out this pain. This voice has been with you a long time and has an emotional charge, so creating a cathartic moment is important to clearing and reprogramming.

Do not proceed until you take this action.

Take a deep, cleansing breath, acknowledge your inner critic, and state your boundary: For example: *"Hello Marie, I see you and I am going to take care of you today; however, I am going to take care of myself first. I am not afraid of you; I am strong, and I know that I can do this."*

Summary, Homework, and What's Coming Up Next!

Congratulations on reaching the end of Week Two of the 'Hello, Head, Meet Heart' Toolkit. I'm excited for you to dive into all of the content!

This Week We Covered...

- We worked on identifying and naming your inner critic, and learning how to manage that little voice when it starts whispering.
- We acknowledged your inner critic and finally had a personal conversation with them about how their criticisms have affected us in the past.

Action Steps from Week Two

- ✓ Complete the exercises from this week's workbook, and don't skip the final exercise where you finally talk back to your inner critic!
- ✓ Download the audio track for this week's guided meditation called WeInterrupt, and learn how to stop your inner critic in their tracks.

Coming Up in Week Three

- We're going to look at who you really are - beyond your job title or anything else, and reconnect with your true self.
- You'll be starting a new habit with a powerful exercise that reveals how you truly see yourself, and brings out the best of you.

Hey, I'm Hannah!

I'm a best-selling author, podcast host, and speaker. I'm on a mission to help people on the brink of setting fire to it all, learn how to burn brightly instead of burning out, and finally find some balance.

Ever since the day I physically collapsed due to burnout, I've been obsessed with figuring out what makes us burn out and how to design a work life balance that simply, works.

MORE ABOUT HANNAH



CHECK OUT THE Burn Brightly Podcast

If you've spent years trying to "get it together", balance your personal and work life, taking breaks that don't seem to work, you need more than rest!

LISTEN NOW

Book Hannah TO SPEAK

SPEAKING TOPICS:

Burn Brightly Without Burning Out (Keynote)

The Burn Bright Workshop

How to Lead When You Are Depleted

BOOK HANNAH



HELLO, HEAD, MEET HEART

SheShatters works to help educate, empower and light the way for professionals to burn bright. We make it our goal to provide resources and tools to help support professionals, tackle burnout, and remind you that you aren't alone.



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