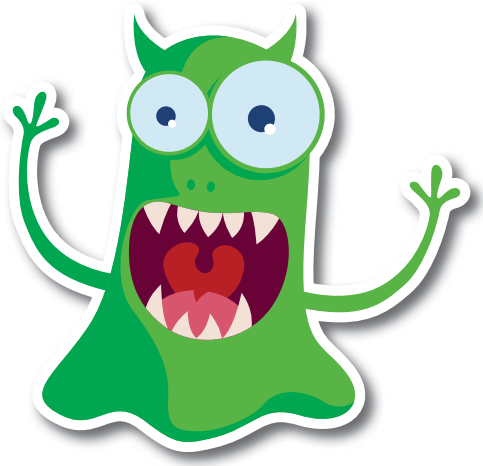
Good Guy - Bad Guy - The Voices In Your Head

Let's quieten the voice in your head that tells you everything you're saying or doing is wrong, stupid, silly or not good enough. Or it shouts 'I can't do it' or 'I'll get it wrong'

Draw that nasty critical 'Bad Guy' voice that's inside your head here, and write the things it says...



Now draw your 'Good Guy' kind voice that's inside your head here, and write the things it says...

Start to listen to your **Good Guy Voice** more and **TURN IT UP REALLY LOUD** inside your head as that's really the **'Can Do Kid' Voice** – that voice is there to inspire you, encourage you, cheer you on and believe in you.

Learn to **TURN DOWN** your **Bad Guy Voice** as its holding you back, keeping you stuck and making your feel awful. Give it the heave-ho & tell it to buzz off!

Make friends with your 'Can Do Kid' Voice and watch your confidence soar like an eagle.