
30-Day Inner Voice Challenge: Answer Sheet

Part 1: Understanding Your Inner Voice

Please respond to each question in the space provided.

1. Origin Exploration:
Where do you believe your inner voice originated? Who or what has influenced it the most?

2. Triggers Identification:
What specific situations trigger negative self-talk or self-doubt?

3. Inner Critic Awareness:
Describe a recent moment when your inner voice was particularly critical. What did it say?

4. Impact Reflection:
How does your inner voice affect your mood and actions in daily life?

5. Comparative Analysis:
How does your inner voice compare to the voice of someone you trust or admire?

6. Defining Your Voice:
If your inner voice were personified, how would you describe its personality and tone?

7. Roots of Negativity:
List two negative beliefs you hold about yourself. Where do you think these beliefs stem from?

- i. _____
- ii. _____

8. Reframing Negatives:

Choose one negative thought you often have and reframe it into a more positive statement.

9. Visualizing Positivity:

Imagine your inner voice as a supportive friend. What encouraging phrases would they say to you?

10. Setting Intentions:

How do you want your inner voice to support you moving forward? Write down a commitment to yourself.
