

Good Health

**EDWINA
BARTHOLOMEW**
**'MY WEDDING
SHAPE-UP
PLAN'**

**ONE-DAY
DIET**

**HEALTHY
EATING
MADE EASY**

**VEGE
FEASTS**

**DELICIOUS
MEAT-FREE
RECIPES**

**TIPS TO
BE MORE
ZEN AT
WORK**

**FEEL
MORE
FABULOUS**

How to

- » EMBRACE CHALLENGES
- » IMPROVE YOUR RELATIONSHIPS
- » FIND DEEPER CONTENTMENT

**EAT YOUR
MEDICINE**
**Incredible
disease
fighting
foods**

be informed | be nourished | be energised | be inspired | simply be

'When you become an observer of (your inner

BREAK UP WITH YOUR *inner critic*

NEGATIVE SELF-TALK GETTING YOU DOWN?
WE SHOW YOU HOW TO CHANGE THE SCRIPT

YOUR TOOL KIT

It's often said we're our own worst critics, and four in five of us are falling victim to negative self-talk. In fact, studies show 80 percent of Australian and New Zealand women have a low sense of self-worth, whether that's attributed to unachievable goals or constant comparison.

According to human behavioural expert Dr John Demartini, many of us suffer from low self-esteem because of unrealistic expectations.

"If we set a fantasy goal, and it doesn't match what is truly important, we are automatically designed neuro-psychologically to 'beat ourselves up'. This leads us onto a dangerous path towards low self-worth, despondence and even depression," he says.

We can combat our inner critic by understanding how criticisms can be used to fuel positive change, rather than reinforce where we're lacking.

» **Don't compare:** We're often exposed to perceived perfection on social media, causing us to set unrealistic expectations. When you compare, energy is focused towards something that isn't in keeping with what you truly want. If someone has something you desire, take note of what you already have – don't perceive likes or followers as an endorsement.

» **Set goals:** Set realistic goals, and make sure they aren't someone else's. Goals should align with our values. Write them down and break them into small steps. This will remind us to compose authentic goals and make the thought of achieving them less overwhelming.

» **Turn the bad into good:** If we ask how criticisms are benefitting us, and how we can use them to accomplish what's meaningful, we can take any criticism and turn it into tools to become more empowered. Criticisms then act as stepping stones rather than roadblocks.

critic) you're not a victim of it

