

What do your inner voice say?



Which “inner” voices do you hear?

- | | |
|--|--|
| ☐ The people-pleaser | ☐ The self-believer |
| ☐ The critic | ☐ The sad one |
| ☐ The lonely one | ☐ The imposter |
| ☐ The mind reader | ☐ The rescuer |
| ☐ The strategist | ☐ The joyful one |
| ☐ The optimist | ☐ The over-exaggerator |
| ☐ The self-saboteur | ☐ The polarised one |
| ☐ The 'should have' thinker | ☐ The agile one |
| ☐ The perfectionist | ☐ The self-care provider |
| ☐ The victim | ☐ The support seeker |
| ☐ The catastrophiser | ☐ The centered one |
| ☐ The control-freak | ☐ The avoider |
| ☐ The inner coach | ☐ The purposeful/wise one |
| ☐ The anxious one | ☐ The doubtful/insecure |
| ☐ The playful one | ☐ |
| ☐ The kind one | |
| ☐ The overwhelmed one | |
| ☐ The perspective seeker | |
| ☐ The grateful one | |

Copyright © 2023 Zest for Work