



WHO'S IN CHARGE?

HOW TO RECOGNIZE YOUR AUTHENTIC VOICE

“THE PRIVILEGE OF A
LIFETIME IS TO BECOME
WHO YOU TRULY ARE.”

~ CARL G. JUNG



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We all want to be our real selves...

...**but it's hard to do** when we're so busy worrying about what other people will think.

We've been led to believe we have to be like everyone else. It's not easy to show people the real you when you feel you have to be fake to fit in. This belief often causes us to hide the best of who we are.

Who's in Charge is the solution for anyone who wants to live life on their terms.

This resource is designed to teach you how to **trust your intuition and follow your own path**, even if it means going against the grain.



We all have an "I Am" that responds to the world around us.



This is the authentic part of who we are in our soul.

It's the voice in our head that tells us who we are and what we're capable of. While this voice is often positive and motivating, it can also be negative and misleading.

No matter what voice you hear, positive or negative, the key is to listen to it and learn from it. Only then can we grow and become our best selves.

So, let's take a short but deep dive into the "I Am" that responds.

Let's explore who is directing the day-to-day business of being YOU!

WE ALL HAVE...

a little voice in our heads!

One minute it's full of praise and adoration for how amazing you are, and the next it's screaming, "You're not good, pretty or smart enough." "You will never win at the game of life." or "What makes you think YOU can do that?"

You know that voice...

...the one that's talking when you're trying to keep a positive mindset or get a good night's sleep.

This is the voice that propels us to greatness or holds us back from reaching our full potential.

No matter what that voice is saying to you...

You are good enough! You have everything it takes to achieve your dreams.

Recognizing "who" is speaking enables you to change any scenario in your mind, and **that's how you will win!**



Go ahead and admit it...

THAT VOICE IN YOUR HEAD IS STOPPING YOU FROM ACCOMPLISHING GREAT THINGS!

"What a liberation to realize that the 'voice in my head' is not who I am. 'Who am I, then?' The one who sees that."

~ Eckhart Tolle

First things first! Let's start with the obvious (or not so obvious to some)...

...it might be scary to admit that we all have a voice in our heads, but it's true!

When someone is openly loud, and disruptive or says things that don't make sense we would describe this person as crazy, schizophrenic, or bipolar.

But for those of us who struggle silently with our own thoughts, these outward signs of psychosis can seem like a welcoming sign that we are indeed normal.



At times, it can feel like there's this never-ending stream of thoughts running through our minds

-all the things we worry about and have anxiety over-or the wild ideas and fears that keep us up at night when we should be sleeping.

These thoughts may not be audible to others, but they feel real and constant as if we were engaging in an actual conversation with someone.

And while other people may scoff at these so-called "voices," in our hearts we know that they are A REAL part of the regular ebb and flow of everyday thought processes.

So even though you might sometimes feel alone in your thoughts, know that you are far from alone in trying to navigate this experience.

With time and patience, you can learn to manage your inner monologue and use it to create a life you love living.

The Inner Critic

“If you gave your inner genius as much credence as you give your inner critic, you would be light years ahead of where you are today.”

~ Alan Cohen

The Inner Critic refers to the "inner" voice that judges, criticizes, or demeans us—even if that self-criticism is invalid. It's the voice that's always telling us we're not good enough. We can become so tuned in to what this voice is saying that the inner critic becomes a companion to our suffering, isolation and self-sabotage.

Subconsciously, we create a narrative that causes us to judge ourselves harshly even as we're making progress in overcoming our flaws.

Research shows that the mind tends to dwell on negative experiences more than positive ones, so it's no surprise that the Inner Critic keeps our focus on the negative more than the positive. This self-imposed negative bias can seriously impact our mental health, making it difficult to turn setbacks into comebacks.

Even so, YOU CAN take comfort in knowing that YOU CAN shift your focus onto something more positive so YOU CAN appreciate life's joyful moments. With conscious effort and self-compassion, YOU CAN loosen the grip of these self-limiting thought patterns!

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Where does the Inner Critic come from?

The Inner Critic is a product of our upbringing.

Sometimes offhanded remarks from a friend or a stranger can have deep effects on our minds, bodies and souls to a point that it becomes a part of who we are. For some of us, these critical voices are like a generational curse that intensifies the effects.

Over time, this critical voice became lodged in our heads, and it now operates as an automatic pilot program that continues to undermine our happiness and success.

Recognizing the voice of your Inner Critic is an important first step in silencing it.

First, you must learn to recognize that the voice is YOUR Inner Critic. It's often a critical, judgmental voice that can make you feel bad about yourself. It's often a specific and familiar voice from the past such as your overbearing mother, cruel sibling, an ex that humiliated you or the boss that fired you.

Your Inner Critic speaks in absolutes...

...such as "always" or "never" with little room for different perspectives or potential gray areas. Since it's always negative it always focuses on what's wrong with you instead of what's right. Blame is critical to the effectiveness of the voice making you believe that everything wrong in the world is your fault.

Judgemental Negative and Pessimistic

The inner critic is essentially our negative and judgmental thoughts about ourselves.

The inner critic becomes a defense mechanism that we develop to keep us from being hurt emotionally.

The best way to start understanding the voice of your Inner Critic is to first understand yourself.



How to Silence the Voice of the Inner Critic?

DIM IT'S POWER over you by becoming more mindful and treating it like you would a bad friend.

Learning to compare yourself to no one, but you, practicing self-compassion, and starting a self-gratitude journal are essential tools in dismantling the inner critic's weaponry.

Start paying attention when you suddenly slip into a bad mood or become upset. These negative shifts in emotion are in response to the voice of our inner critic.

Once you identify these patterns you can pinpoint the negative actions that the inner critic is encouraging so you can take back control of your life by making a conscious decision not to listen.

It's important to note that self-compassion is NOT self-care. Self-compassion has been defined as a self-attitude that involves treating oneself with warmth and understanding in difficult times and recognizing that making mistakes is part of being human (Neff, 2003)



How does listening to the voice of the Inner Critic affect our lives?

The loudest noise of the inner critic's form of self-abuse is the addictive nature of its self-criticism—the repetitive cycle of beating ourselves up again and again, feeling the pain as if it's brand new each time. When we listen to the voice of our Inner Critic, it can have a more than a few adverse effects on our lives.

For one, it can prevent us from taking risks or trying new things. This is because our Inner Critic often tells us that we're not good enough or that we'll fail.

As a result, we may miss opportunities or experiences that could be beneficial for us.

Additionally, listening to our Inner Critic can...

...lead to feelings of self-doubt and low self-esteem.

This is because when we are constantly telling ourselves negative things, we eventually start to believe those things.

Over time, this can erode our confidence and make us feel bad about ourselves. Listening to the voice of your Inner Critic can lead to a few other negative outcomes, including:

- anxiety
- depression
- decreased motivation

Ignoring or silencing your Inner Critic can help you:

- boost your confidence
- feel more positive about yourself
- take chances and try new experiences

How does the Inner Critic keep us from living our best lives?

One of the main ways the Inner Critic limits us is by reinforcing self-limiting beliefs. These beliefs keep us trapped in a cycle of unhappiness and frustration because we can't seem to achieve our goals or dreams.

Self-limiting beliefs can be very subtle and insidious, and before you know it, they have a stranglehold on your life.

The Inner Critic prevents us from living our best lives by keeping us stuck in our comfort zones. It's safe there; we know what to expect. But growth and change require risk and vulnerability, which the Inner Critic is always quick to point out.

So instead of stepping into the unknown and risking failure, we stay stuck in our heads and stuck in our circumstances.

The Ego

“You know what ego stands for?
Edging Out God!”

~ S. Truett Cathy

The Ego is the part of our personality that makes us arrogant and thirsty for admiration. It is the part of us that wants to be in control and be the center of attention.

The EGO can lead us to make choices that are not in our best interest because we are more concerned with looking good or sounding impressive.

When the EGO is in charge, we may overestimate our abilities, take unnecessary risks, or put our own needs ahead of others. This can lead to problems both for ourselves and for those around us.

Learning to keep our EGO in check can help us lead happier, more fulfilling lives.

Although the ego is often associated with arrogance, it just refers to the part of our personality that is concerned with our own image and status.

Where does the Ego come from?

The ego comes from a place of insecurity and a need to fit in.

We often develop an inflated sense of self to make up for our feelings of inadequacy and to give ourselves the appearance of being strong and confident. But this false sense of self is nothing more than a mask, and it's not who we really are.

The truth is that we're all just searching for acceptance and love, and we're all vulnerable in different ways. It's okay to be vulnerable. It's okay to feel insecure at times. We're human beings, after all. The key is to not let our egos get in the way of our relationships with others and to remember that we're all connected in this thing called life.

The voice of **the ego might come across as comforting, familiar and reassuring**. It provides a feeling of certainty and self-assurance.

But despite its friendly façade, the voice of the ego is very manipulative. It uses fear, guilt or shame to get you to do what it wants. This voice is so familiar that it can be tough to differentiate it from your own thoughts. But once you become aware of how the voice of the ego works, you can start to question its motives and refuse to let it control you.

The Ego is what motivates us to look good and feel important.

While a **healthy Ego can be helpful** in many ways, an inflated Ego can lead to problems.

An inflated Ego can cause us to seek too much attention and approval, compare ourselves constantly to others and demand special treatment.

It can also harm our relationships and make us difficult to work with.

When our Egos are out of control, we may come across as boastful, narcissistic or even manipulative.



If we're not careful, our Ego can cause direct and immediate harm.



Our Ego can lead to...

- Decisions that often result in negative outcomes and regrets.
- Behaviors that alienate and isolate us from loved ones.
- Feelings of arrogance and entitlement that cause us to envy and resent others.

How does the Ego keep us from living our best lives?

The Ego can prevent us from living our best lives in a few ways. It can be a major barrier to achieving personal fulfillment and happiness. The Ego can cause us to act impulsively and make decisions that are not in our best interests.

We end up putting our own needs and wants aside because the Ego can lead us to seek approval from others. This can cause us to compromise our own values and goals. When we allow the Ego to control our lives, we are not living authentically.

The Ego can distort our perception of reality, causing us to see things in a negative or self-destructive light. This eventually takes us down a path of self-doubt and despair.

The Ego can AND WILL control and destroy our lives, but only if we let it.

The most important things to know about the Ego is that...

The Ego allows us to recognize our own thoughts and feelings, and to express ourselves in unique ways. It give us a sense of who we are as individuals.

It's the part of us that wants to be independent and separate from everyone else. When the Ego is strong, it can cause us to be selfish and protective of our own interests.

It can also make us feel like we're better than others or that we don't need help from anyone else. This can lead to isolation, loneliness, and self-sabotaging behaviors.

We have a choice in how we want to use our Egos. We can choose to act out of our Egos' negative traits, or we can choose to act out of its positive traits.

By working on ourselves and developing qualities like love, kindness and understanding, we can weaken the grip of the Ego.

At its best, the Ego is positive.

A healthy Ego is essential for a happy and successful life.



Notes



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Your Authentic Self

"Authenticity is about being true to who you are, even when everyone around you wants you to be someone else.."

~ Michael Jordan

Who is your Authentic Self and where is she?

Your authentic self is the "real you" at your deepest level. It's that part of you that's truly authentic and never changes, no matter what circumstances you find yourself in. This is the you that comes from your soul, and it's always with you.

Some people find their authentic selves by exploring their innermost desires and passions, while others may find it through their relationships with others or by living a more compassionate lifestyle.

The important thing is that you find what works for you and allows you to be true to yourself.

Your authentic self doesn't care about what other people think or whether you're popular or successful. It just wants to be true to itself, and it will always guide you in the right direction if you listen to it. So be yourself, and don't worry about what anyone else thinks. The real you is worth being!

Be the real YOU!

Some people try to change who they are to fit in or to be accepted by others, but the more you try to be someone else, the more you lose sight of who you really are.

Your authentic self is always present, no matter what. It's authentic, genuine, and honest. The authentic self never waivers in your beliefs or convictions. It's the you that is always true to yourself and others.

People can't help but respect and admire you for being authentic. **The authentic you is built on a strong foundation that never settles.**

The most important thing in life is to be your authentic self. That means being the real you, not the person you think other people want you to be. **It means being honest with yourself and others.** It means living life according to your own values and standards.

It can be difficult to be authentic, especially if you feel like you must keep up a certain image in order to meet other people's expectations. **But it's so important to stay true to yourself, because only then will you be genuinely happy and fulfilled.**

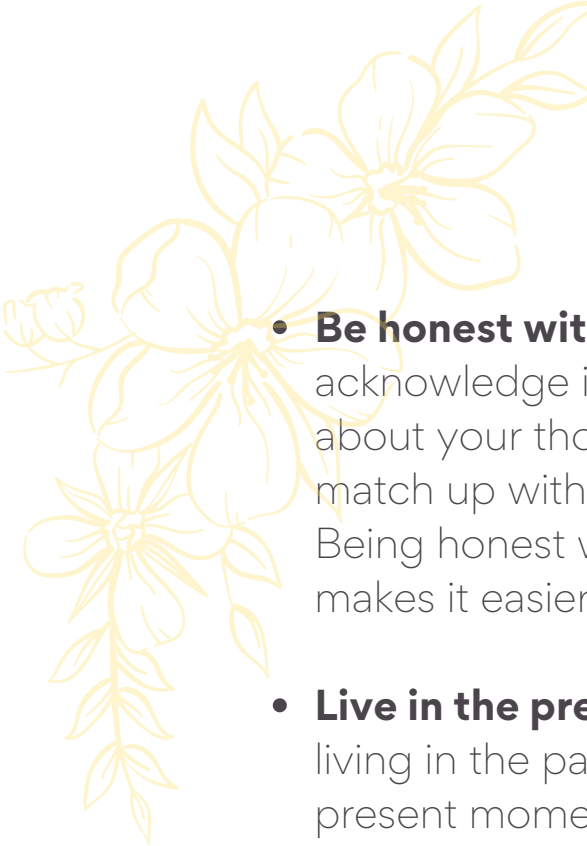
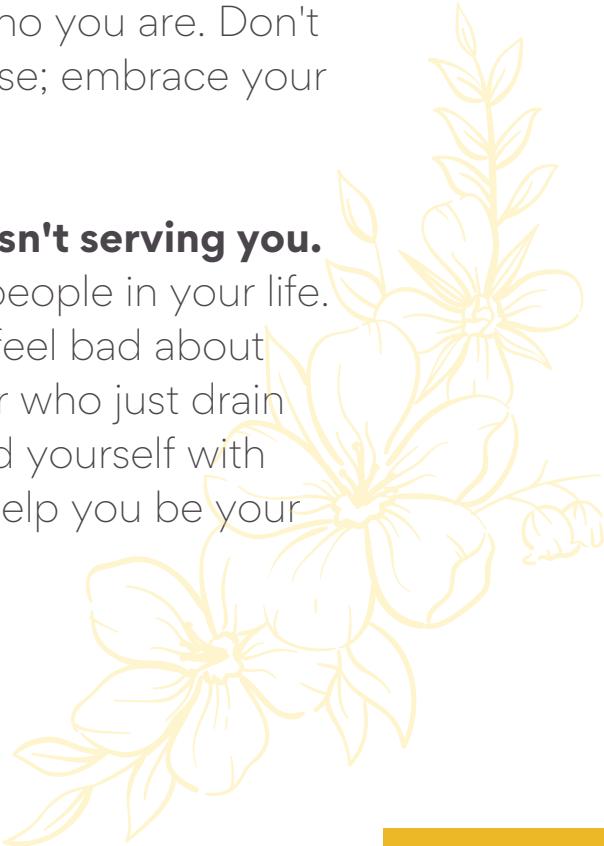


How to be your AUTHENTIC SELF?

In order to be your authentic self, you need to **decide to be authentic and do the work towards becoming authentic**. It's okay to let people see the real version of YOU!

Here are some tips on how to be your authentic self:

- **Spend time alone getting to know yourself.** It's important to get to know who you are as an individual, what your strengths and weaknesses are, and what makes you happy. You can do this through introspection and quiet thinking, journaling or simply spending time in nature.
- **Think about what you believe in and what matters most to you.** Once you know what your core values are, it'll be easier to stay true to yourself.

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- **Be honest with yourself.** If you're feeling something, acknowledge it instead of pushing it down. Be truthful about your thoughts and feelings, even if they don't match up with everyone else's thoughts or feelings. Being honest with yourself boosts your confidence and makes it easier to be honest with others.
 - **Live in the present moment.** Authenticity isn't about living in the past or future - it's about living in the present moment and being present with whatever experience you're having. This doesn't mean that you can't reflect on past experiences or plan for future ones, but it does mean that you can live in and enjoy this current moment.
 - **Don't compare yourself to others.** You are unique and there is no one else like you in the world, so embrace that! It's okay to accept yourself for who you are. Don't try to change yourself for someone else; embrace your quirks.
 - **Get rid of anything in your life that isn't serving you.** This includes getting rid of any toxic people in your life. These are the people who make you feel bad about yourself, who criticize or judge you, or who just drain your energy. It's important to surround yourself with positive, supportive people who will help you be your best self.
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Final Thoughts

We all have many different sides to our personality, depending on the situation and who we are around. But there is one side of you that is always true—no matter what—and that's your authentic self.

Your authentic self is the real you, the person you were meant to be.

She is creative, enthusiastic and fearless.

She loves life and embraces change. She knows who she is and what she wants in life and isn't afraid to go after it.

Your authentic self comes from within—from your soul or higher power.

She is your guiding light, your inner voice that tells you what's right for you. When you listen to her, you can't go wrong.

Of course, it's not always easy to be authentic. Society tells us to conform, and it can be hard to resist that pressure. But if you can stay true to yourself, even when it's difficult, you'll be happier and more fulfilled.

So don't be afraid to be you!

Peace and Love,



Teresa Smith

Peaceful Soul
SOUL COACHING



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Your authentic self is the real you, the person you were meant to be.

You are creative, enthusiastic and fearless.

You can love life and embrace change. The REAL you knows who you are and what you want in life and isn't afraid to go after it.

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Peace and blessings,



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SOUL COACHING





How does the Ego Keep us from living our best lives?

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Our ego can lead to...

us from living our best lives in a few ways. It can be a major barrier to achieving happiness. The ego can cause us to make decisions that are not in our best interests.

Go ahead and admit it... THAT VOICE IN YOUR HEAD IS STOPPING FROM ACCOMPLISHING GREAT THINGS

If you keep listening, it will only get louder and eventually succeed in holding you back.

The first step in negative thinking is to identify the negative thoughts that are holding you back. Once you realize your mental health problems, change it. When you identify the negative thoughts, you can then work on replacing them with positive ones.

We all have an "I Am" that responds to the world around us.



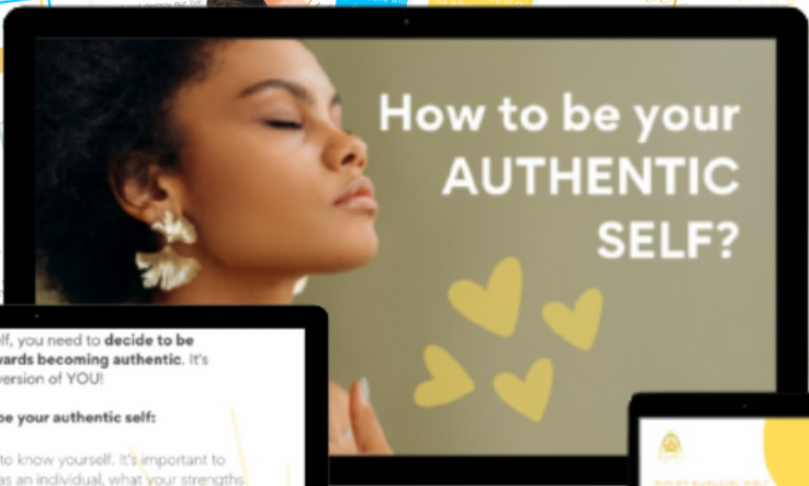
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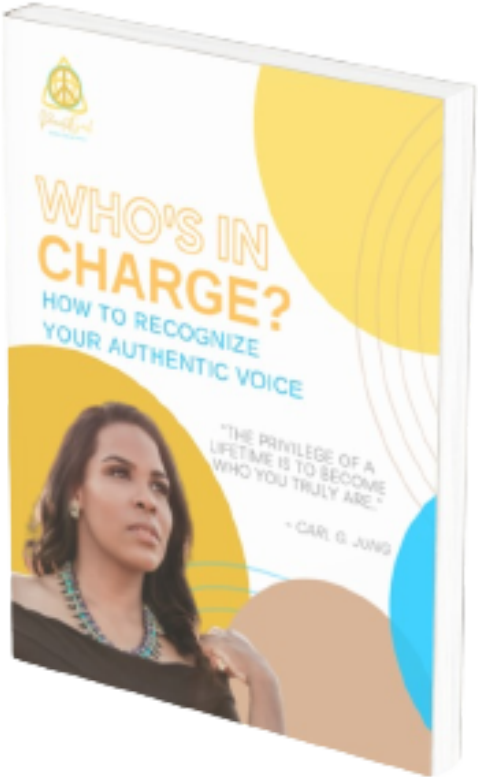
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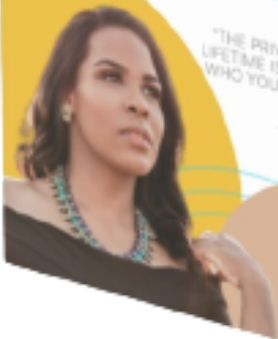
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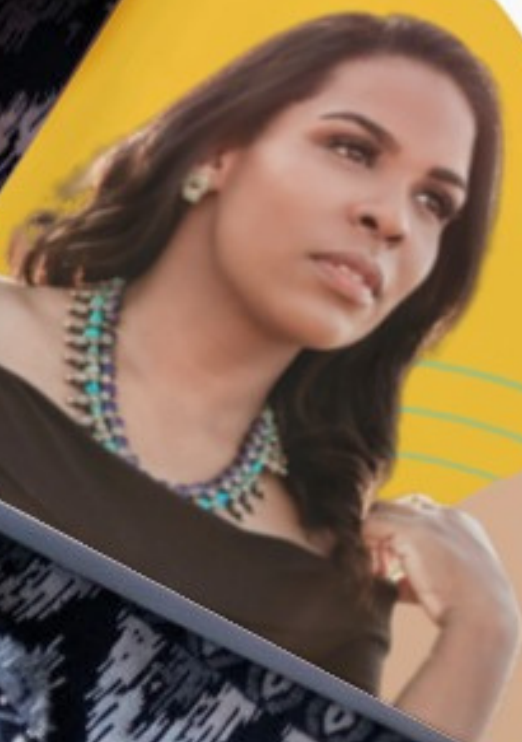


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