



*Lotus*  
*Self-Development*



**SELF-CRITICISM  
TO SELF-LOVE**

**ROAD MAP**

[portal.lotusselfdevelopment.com](http://portal.lotusselfdevelopment.com)

# WHY USE THIS GUIDE

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This guide is for anyone who has a voice that drags them down into negativity. A voice that criticises, judges or sabotages them. A voice that makes them feel inferior, guilty or frustrated.

**And it's a guide for anyone who wants to experience more**



Peace of mind



Self esteem



Optimism



Authentic confidence



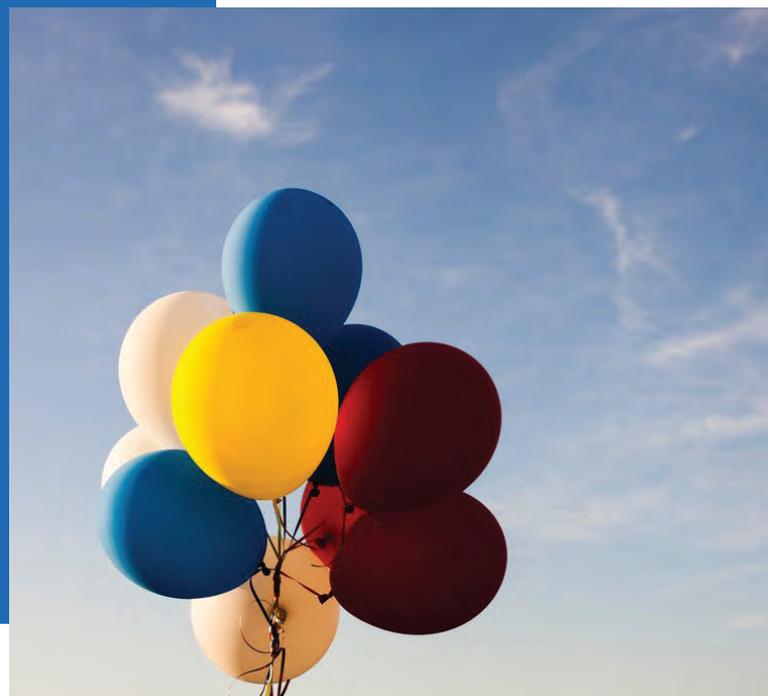
'Feel-good' motivation

Use this guide to unlock your inner champion – the voice of positivity who supports your ambitions and believes in your dreams.

## WHAT'S IN THIS GUIDE

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This guide contains a 4-step process to put an end to self-criticism and transform the voice of negativity into a constant source of encouragement and optimism. It's not a magic bullet and obviously you won't put an end to negativity unless you actually implement the steps. However, if you follow the 4-step formula you can expect to start feeling more positive within a day or two. Yes, really!



# HOW TO USE THIS GUIDE

Complete each step in order and don't read on to the next step before you have completed the previous one!



## STEP 1

### Identify the origin of the self-criticism

Have you ever wondered where that voice comes from? It must have an origin. Think about it for a second. Have you ever argued with this voice? Have you tried to reason with it and found it to be obstinate and unrelenting? Have you told it to shut up and go away, but it just won't leave you alone?

These are distinctly human qualities. Human beings tend to think of the (seemingly) automatic part of our minds rather like a computer. Unfortunately, those negative thoughts are not quite as obedient as our mobile phones and Alexa machines! We try to command away the critical voice but it does not obey so we need to think differently about our minds if we want to create a source of positivity to replace the critical voice.

Instead of thinking of the origin of the critical voice as being some kind of malfunctioning machine in your brain, think of it as having a more human quality. Of course, I'm not suggesting that there's another person living in your head... we're not Russian dolls! However, I am suggesting that you will have more success transforming the negativity if you think of the voice as coming from a fully-fledged human (rather than a grumpy computer). Which means that you should treat the origin of this critical voice with a degree of respect.



## WHAT?!

### “Respect, why?”

I would completely understand if that’s what you’re thinking right now but hear me out. You are going to have to live with this voice in your head forever but (and it’s a very big ‘but’) this voice does not have to criticise you. However, you need to persuade it to change, just like you would persuade a person to change their behaviour. Which means that this voice needs to start respecting you. And that means YOU have to go first in order to be worthy of that respect.

Fundamentally you need to repair the relationship that you have with this part of your mind. When you recognise that it is not just a malfunction of your brain but an actual thinking and feeling part of you then you are well on your way to building positive interactions with the voice.

If you feel prepared to start interacting with the voice as though it is human-like rather than machine-like then you are **ready for step 2**.  
**Otherwise re-read step 1.**

## STEP 2



### Discover the purpose of the self-criticism

Everything that humans do is purposeful, even if it seems like it is simple self-sabotage. In fact, I doubt that we ever do something to sabotage ourselves without a good reason. After all, as a species we don’t waste our energy on things that simply serve to trip us up.

Look around the room that you’re in (or the park/garden/whatever). Look at all the signs of civilisation: books, computers, buildings. Why did human beings create this when no other animal even came close? Because we conserve our energy.

If you have a critical voice in your head it’s not because there’s some part of you that hates you. Nor is it because you deserve to be made miserable. There will be another reason for it. Take a moment to go inside and speak with that voice. Speak with it using the same level of respect that you would use if you spoke to another human being.

Tell it that you would like to have a different relationship. Tell it that you want to stop bickering and work together. Take ownership of your part of the fall-out (because I'm guessing you have sometimes been less than kind to this voice). Tell it that you want to start again.

If you're thinking "OK Lotus, that all sounds very interesting but how exactly am I supposed to do that" **then let me ask you a question:**

Have you ever communicated with this voice in the past? Have you argued with it or shouted at it? If the answer is 'yes' then you already know exactly how to speak with this voice. Do it now but take a different energy into it. Take the energy of respect and human kindness and just see how different it is!



### STEP 3

## Negotiate with your inner mind

Did you do Step 2? Stop reading if you haven't done it and complete Step 2 before you proceed as it's important to get feedback and answers from your own mind. This is not about thinking or figuring out what might be going on in your head. It's about learning to communicate with yourself.

This step is about asking the voice to interact with you differently. Now obviously, I don't know exactly what feedback you got from the voice but I've done this exercise with an awful lot of people so here are a few common scenarios to help you understand what to do now:



## The voice is there to motivate you to do better

So, you're probably something of a high achiever, but maybe you also suffer from perfectionism? And no matter how well you do that voice is always telling you that you should've done better?

If this sounds like you then you can think of the voice rather like a parent that constantly pushes their kid. They don't do it out of unkindness or selfishness; they genuinely want their child to do well in life. The problem is that the kid never feels good enough and they never feel like they have truly achieved.

Now that you have found out what the voice wants for you the next step is to negotiate and tell it the kind of encouragement that you want to hear. Also (and very importantly) ask the voice to celebrate your accomplishments with you as well as pointing out areas of improvement. Some negotiation may be required!

## The voice is there to maintain standards

Let me guess: the voice thinks you need to be prodded into action to make sure that those minimum standards don't slip. Is the voice right? Are you prone to laziness (even if it's laziness by your standards rather than the people around you)? Would you slide by in life and do the minimum if it wasn't for the inevitable self-criticism that you'd have to endure?

This voice is working hard to keep you on the straight and narrow. Perhaps it has lost faith in your commitment to keeping certain standards. The solution is to be crystal clear on what the standards are.

The next step is to speak to the voice and ask it what standard is required in a key area of your life. Perhaps there's some measure at work that you can agree on whereby the voice will agree to stop criticising you as long as you continue to achieve it. Or maybe it's something in your relationship, appearance or something else. Pick the area where you feel the sting of the criticism most keenly and negotiate minimum standards that need to be achieved to stop the criticism.

## The voice is there to prevent you from becoming arrogant

I often hear this from people who had a religious upbringing (although it can affect everyone). You probably dislike arrogant people and work hard to avoid being seen as arrogant. Maybe you feel uncomfortable accepting praise and would rather blend into the background rather than stand out and being celebrated.

The first thing to bear in mind is that arrogance is not confidence. A lot of people make this mistake! Get the difference between arrogance and confidence clear in your own mind. As soon as you have a conscious understanding of the difference go inside and speak with the voice.

Explain that you would like to be more confident and that you are happy to get feedback from the voice when you stray over the line toward arrogance. Make it clear that you do not want to be arrogant and that you are willing to work with the voice to make sure it doesn't happen.



## STEP 4

### Gently remind yourself of the agreements



You're only human and so is this part of your unconscious mind (the origin of your inner voice). From time to time you may continue to hear that voice criticising you. Think of it as being a habit that this part has fallen into. And we all know that habits can be tricky to break!

Be patient when you hear the critical voice and simply remind it of the agreements you reached in step 3. Bear in mind that you may have broken the agreement without noticing so remain polite and respectful when you communicate with it just in case it is you that's in the wrong.

Remember that the whole purpose of doing this is to repair the relationship you have with the origin of the voice. To do that you must give it an opportunity to change organically. As I said right at the beginning: you are going to have to live with this voice for the rest of your life. But even more importantly, this voice can change in every way to become a voice of tremendous encouragement and positivity. Since you can never get away from this voice you should be very careful what you say to it.

Think about this for a moment: the closer the relationship you have with someone, the more careful you have to be with what you say to them. You can't say whatever you want to your mum or romantic partner and think that it will make no difference. It makes an enormous difference. The relationship is fragile and you need to cherish it. The same is true of the very special relationship that exists between you and the origin of this negative voice.

You are working together to create a completely new way of living. A completely new internal world. A completely new way of achieving your goals and ambitions. It takes time, it takes patience and it takes love.

### **Self-love.**

# WHAT NOW?

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I truly hope that you have taken the time to complete each step. Nothing will change for you just by reading this guide – you need to put it in to practice. However, if you've gone through the process and started building a relationship with the voice then you can expect that things will get better (and very quickly).

It's like this: You've probably had the experience of meeting someone who you just didn't get along with. They rubbed you up the wrong way and everything they said made you want to sigh and walk away. But in the end you realised that they are just like you! So, you became friends.

You are embarking on the same journey here. You have resented the voice because it resonated with you and you didn't like what you heard. Now you have come to recognise why it had such power over you and you can work together to change it. To build a more positive internal world together. Give it time, give it your energy and have faith that this voice is there to support you.

If you want to know more about how to implement this roadmap then here's what to do now: I have created a digital coaching program which teaches you how to use the Limitless Mind™ Coaching techniques to stop self-criticism. It teaches you how to make contact with the inner mind (the source of the self-criticism), as well as how to stop perfectionism, self-sabotage, worst case scenario, fear of failure... and MUCH more.

It's called "28 Days To A Positive Mind" and you can find it on my website by clicking the link below:

[portal.lotusselfdevelopment.com](https://portal.lotusselfdevelopment.com)