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**ART OF COACHING PODCAST™ EPISODE 378:**  
**HOW TO SILENCE YOUR INNER CRITIC AND GIVE YOURSELF MORE CREDIT**

What are three things you haven't given yourself enough credit for? They don't have to be big wins—just moments where you showed up, pushed through, or made progress you'd recognize in someone else.

Where in your life do you need to be your own cheerleader? Are there quiet projects or personal goals you're working toward where you've skipped celebrating progress?

Who downplays your accomplishments—and how can you protect your progress from their projections? And just as important, how do you make sure you're not doing the same to someone else who's earned theirs?



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**How do you currently measure success? Are you pushing with precision or just grinding? Be honest: are you chasing outcomes or focusing on effort that actually moves the needle?**

**Where could the 70% Rule help shut down your perfectionism and increase your productivity and make a positive difference? What's one area where progress is better than perfect—and could help you build momentum?**

**Do you fear what success might mean—and is that why you resent your own work to some degree? Is it the fear of judgment from others, or the weight of higher expectations, that's causing you to build internal roadblocks?**



## **Art of Coaching Podcast™**

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### **ABOUT**



**Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.**

**While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!**

**Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.**



# **Art of Coaching Podcast™**

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## Art of Coaching Podcast™



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