

Moxie Moment: Power Up Your Inner Coach



As you've read this chapter, you've likely realized that your Critic, Cop, and/or Cheerleader has had a lot to say to you over the years. In your worksheet, identify the message that most often appears in your head when you find yourself thinking about stepping into your moxie. Then identify whether it's coming from your Critic, Cop, or Cheerleader.

Example

Message: *Lex, you are a sorceress of suck, and you have nothing of value to offer the world.*

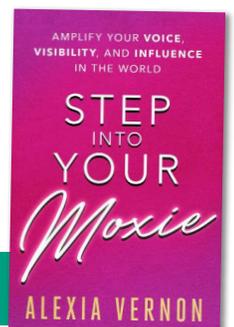
Whose Voice? *The Critic*

Then identify the question your Coach can ask when this voice starts to speak. The question should be short, easy to remember, and able to fast-track you back to being in your moxie.

Example

Coach's Question

What's a moment of personal awesomeness I can remind myself of?



Excerpt from *Step into Your Moxie: Amplify Your Voice, Visibility, and Influence in the World*

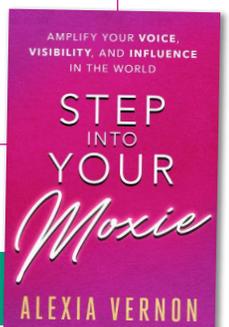
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Now it's your turn!

Self-Talk Message and Coach's Question

A large, empty rectangular box with a thin purple border, intended for writing a self-talk message and a coach's question.



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Not sure what your Coach can say to reset your power in the moment and, ultimately, long-term? Here are a few of my favorite Coach questions, by category.

Favorite Coach Questions

For Critics

What's a more accurate depiction of myself?

What would I say if [insert name of loved one] talked about him-/herself this way?

When have I been resilient in the past?

For Cops

What are other possible options?

How is my judgment undermining me?

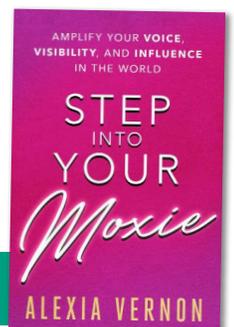
Who do I need to forgive to set myself free?

For Cheerleaders

Who can I ask for help?

What can I take off my plate?

How can I adjust my timeline?



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Questions for Reflection

What would be the payoff for asking your Coach's question each time the message you identified above pops into your head?

How is the answer you get when you ask your Coach question not only empowering but also a more accurate reflection of who you are — than what your Critic, Cop, or Cheerleader says?

How might the voice(s) of your Critics, Cops, and Cheerleaders be a default safety mechanism?

How is your outer communication evolving as your Coach voice becomes a habit?

