



Mindset vs. Inner Critic: How to Make Mindset Win!

**Ways to recognize your mindset and understand
how your inner critic derails you and your results!**

Welcome

1

Define mindset and inner critic

2

Recognize how these show up in your approach and your results

3

Re-calibrate your mindset and silence your inner critic

Framing it Up

Mindset

- Collection of beliefs and attitudes that shape how you see yourself and the world.
- Influences how you approach challenges, learning and growth.
- A **growth mindset** sees abilities as developable through effort, while a **fixed mindset** believes they are static or innate.

vs.

Inner Critic

- The internal voice that judges, doubts or criticizes you.
- Focuses on your shortcomings or mistakes.
- Can hold you back from taking risks, feeling confident, or seeing your potential clearly.

Where do these “show up”?



Work and Performance

Receiving feedback:

Growth Mindset says
“This helps me improve”.

Fixed Mindset says
“They must think I’m not
good enough”

Inner Critic: You may
hear thoughts like “I’m
not ready for that
promotion” or,
“everyone else is
smarter than me.”



Personal Growth and Well-Being

Mindset: Believing
setbacks are temporary
and part of progress.

Inner Critic: Turning
every mistake into a
character flaw. “You’ll
never change”, or “You’re
so lazy.”



Decision Making

Mindset: Confidence in
navigating uncertainty
(“I’ll make the best
decision I can with what I
know.”)

Inner Critic: Thinking
“You always make bad
choices,” or “You’ll regret
this no matter what.”



Learning & Development

Mindset:
Approaching a new
skill with curiosity (“I
can figure this out with
time.”)

Inner Critic:
Whispering, “You’ll
embarrass yourself,” or
“You’re too old to learn
this now.”

Impacts to how YOU “show up”

Mindset

Takes Initiative, open to feedback, curious, listens to learn.

Collaborative, encouraging, asks questions openly, celebrates small wins, admits mistakes.

Engaged, calm confidence, optimistic, solutions oriented, feels safe to connect.

Aspect

Approach

**Team
Interaction**

Energy

Inner Critic

Hesitant, second guesses, avoids feedback and new things, assumes blame or judgement.

Withdrawn or defensive, silent during discussions, compares self to others, overly apologetic or critical of others.

Drained, anxious, tense, self conscious, self-protective, disengaged, oscillate between overperforming and withdrawing.

Insights



Poll

Evaluate where you fall on the (growth) mindset vs. inner critic scale.



Fostering a Growth Mindset

- Clear understanding of the importance it has
- Identifying the results generated
- Look beyond yourself
- Promote gratitude and appreciation
- Develop reframing skills

Silencing my Inner Critic

🧠 Neuroplasticity: New neural connections form as you practice reframing thoughts.

🔍 Focus grows: The brain defaults to solution-oriented thinking with repeated practice.

⚡ Quiets the threat response: Reframing shifts activity from the amygdala to the prefrontal cortex.

💪 Small shifts, lasting change: Consistent reframing strengthens new neural patterns like building a muscle.

☀️ Boosts well-being: Increases optimism, focus, and emotional regulation.



Name it!



Control it!



Inner Critic Thought/Limiting Belief

Growth Mindset Reframe

I'm not good enough for this.	I can learn and grow as I go.
If I can't do it perfectly, I shouldn't do it.	Progress matters more than perfection.
I failed at this.	That didn't work — what can I try differently next time?
They're going to find out I'm not qualified.	I was chosen for a reason — I'm still learning and improving.
I'm terrible at this.	I'm in the early stages of learning — it'll get easier with practice.

Moving forward



Poll

After learning about mindset vs. inner critic, what will you focus on most in the coming week?



How can we support you?



Poll

What resources would be most helpful for you relative to this topic? (Select top 2)





Thank you!
