

7-Day Self-Talk Tracker

Use this tracker to practice the Catch–Check–Shift method each day. Record a moment when your inner critic showed up, how you checked it, how you shifted it, and how you felt afterward.

Day	Critic (What you noticed)	Check (Supportive / Neutral / Critical)	Shift (New thought)	Felt (Afterward)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				