

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 | | | | |