

# Playing Big

with Tara Mohr

## Ways to Recognize the Inner Critic's Voice

1. Harsh, rude, mean
2. Binary
3. Ostensibly, the voice of reason
4. The voice of "you aren't ready yet"
5. Voice of "you aren't good at math/negotiating/technical stuff"
6. The voice of body-perfectionism
7. The tape
8. A broken record
9. Irrational but persistent
10. The one-two punch
11. May take inspiration from critical people in your life

For more, visit [taramohr.com](http://taramohr.com) or see the book, *Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead* (Penguin Random House).