WORKSHEET **Critic-to-Coach Translator**

Pick three moments this week when the critic spoke up. For each one, write the critic's exact words, then answer with the coach's three moves.

Moment 1: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Moment 2: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Moment 3: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Tick the ones that are true after a week of translating:

☐ I caught the critic at least once while it was still talking.
☐ I said a coach's line to myself, out loud or in my head.
☐ I noticed the critic repeats the same few lines.
☐ I took a next step instead of replaying the mistake.

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