

10 steps to

# BEATING YOUR INNER BULLY



*Self-confidence matters. Here's a step by step guide to help you identify the Inner Bully and limiting beliefs that get in the way. Turn up the volume on the Inner Cheerleader and build confidence through resilience!*

#1

## IDENTIFY YOUR INNER BULLY

Start becoming aware when your Bully is around. Recognize it when it rears its ugly head. Each time you criticize yourself, blame yourself or generally put yourself down, make a note.



#2

## WHAT DOES YOUR INNER BULLY SAY?

What are the lines your Inner Bully tells you about yourself, the ones that you hear over and over again? Keep a journal or jot down the exact words it tells you.

#3

## WHEN DOES YOUR BULLY SHOW UP?

Begin noticing what situations trigger your Inner Bully to show up. Is it at work, in front of groups of people, in front of your family?

#4

## WHAT DOES YOUR BULLY LOOK LIKE?

Give your Inner Bully an avatar or a nickname. Define some characteristics that bring it to life. Make it real.

#5

## TAP INTO YOUR INNER CHEERLEADER

In order to beat your Bully, you'll have to get in touch with your Inner Cheerleader, the part of you that knows you are smart, confident, capable and beautiful.



#6

## IDENTIFY A TIME WHEN YOU WERE ON TOP OF YOUR GAME

To do that, think back to a time where you accomplished something really big. Visualize that accomplishment and feel that feeling in your body.

#7

## WHAT QUALITIES DID YOU SHOW UP WITH?

What qualities or attributes did you have to exhibit to achieve that milestone? Who were you being? Write those qualities down in your journal.

#8

## CREATE YOUR PERSONAL CHEER

Based on the qualities you identified, come up with a positive affirmation or your "personal cheer" that anchors how you felt in that peak experience.

#9

## REPLACE THE WORDS OF YOUR BULLY WITH YOUR INNER CHEERLEADER

Every time you hear the words of your Inner Bully, replace them with the words of your Inner Cheerleader.

#10

## PRACTICE MAKES PERFECT

Rome wasn't built in a day. The more you practice, the quicker you'll notice the volume of your Inner Bully going down, and the volume of your Inner Cheerleader go up!



**MONIQUE TALLON**  
Women's Leadership & Inclusion Expert  
Keynote Speaker • Author



VISIT [MONIQUETALLON.COM](http://MONIQUETALLON.COM)

- + View programs
- + Watch videos
- + Schedule talks
- + Read blog
- + Buy books
- + Learn more