

THE ARCHITECTURE OF GRACE FOUNDATION

The Architecture of *Grace*

Worksheets — A K–12 Sampler

One skill, every grade band. Follow the inner-critic worksheet from kindergarten to graduation — the same self-talk work, sharpening over time. A preview; the full worksheet packs ship separately.

THE SAME SKILL, TWELVE YEARS

Learning to Answer the Voice

Every band gives the inner-critic skill its own worksheet. The **task** matures with the student: first you **hear** the voice, then you **reframe** it, **profile** it, **answer** it with the Compassionate Witness — and finally **forgive** the younger self who lived under it.



One continuous practice. The Kind Coach a six-year-old learns to summon against Grumpy Gus is the same Compassionate Witness an eighteen-year-old turns toward their fifteen-year-old self. Every field on these sheets is transcribed directly from the curriculum.

My Inside Voice

Kind Coach vs. Grumpy Gus

Grumpy Gus says...



The Kind Coach says...

The Three Kind Coach Questions

What happened?

What can I learn?

What is one next step?

Inner Critic / Inner Coach

Hear the voice — then answer it

Anchor Table — reference all year

Inner Critic says...	Inner Coach says...
"You always mess up."	"That didn't go well. What can I learn?"
"You're not as good as everyone else."	"I can try again. I am more than this moment."
"Why even try? You'll fail anyway."	"This is hard. Hard things are worth doing."

Scenario Practice — Situation A: You fail a test you studied hard for.

Inner Critic says:

Inner Coach says:

Internal Critic Profile

Getting to know the voice — so it stops running the show

My internal critic's name (optional)

"The Judge." "The Voice." Or leave it unnamed.

Which tactic does it use most often? Circle one:

☐ CATASTROPHISING ☐ GLOBALISING ☐ PERSONALISING

Two specific sentences my internal critic says to me

What my Compassionate Witness says in response

Imagine the kindest, wisest person you know hearing the critic. What do they say back?

The Friend Test

The Compassionate Witness, in practice

If my best friend came to me in this exact situation, I would say:

Now say that same thing to yourself:

The gap — what is different between those two responses:

Forgiving the Younger Self

Compassion and frustration can both be true

The Compassionate Witness offers something specific: what would it say to the younger you who didn't yet have the perspective you have now?

Write a letter to the version of yourself that most needs to be forgiven right now.
