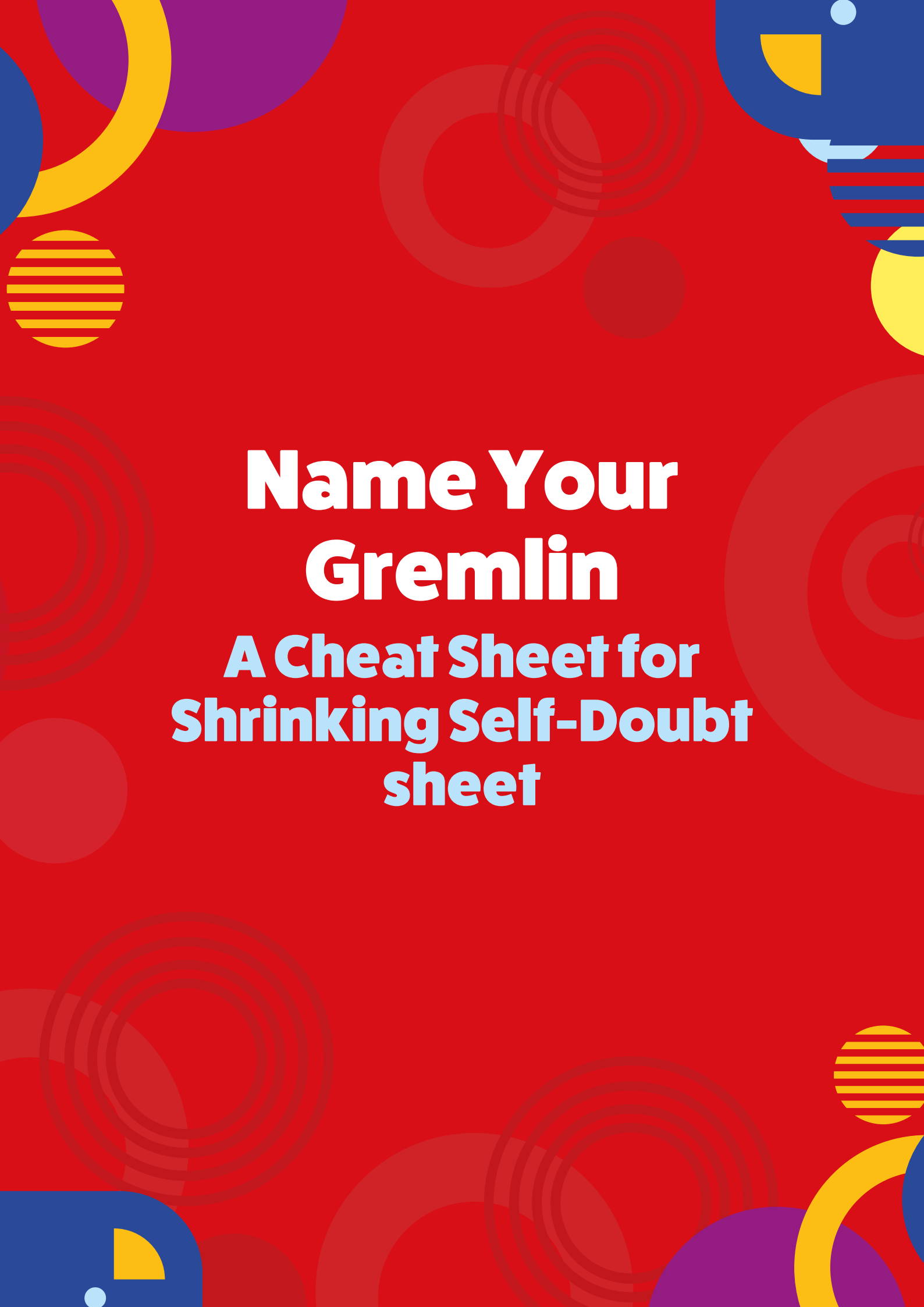




Name Your Gremlin

A Cheat Sheet for Shrinking Self-Doubt sheet

This worksheet is your companion to Episode 6 of the 'Little Moves, Big Careers' podcast. Use it to spot, translate, and shrink those shady gremlin thoughts that try to mess with your mojo.

SECTION 1: NAME THAT GREMLIN

Tick any of the fraudy thoughts that sound familiar to you:

**I shouldn't
need help**

**I don't
belong here**

**I'm not
ready**

**People
like me, don't
do things
like this**

**If I were
good at this
it wouldn't
feel so
hard**

·Write your own: _____

SECTION 2: GREMLIN TRANSLATION GRID

GREMLIN SAYS	TRANSLATION	REFRAME MOVE
You're not qualified.	You're growing. You're stretching.	Say it out loud to someone safe.
People like you don't do this.	You're breaking a pattern. That's bold.	Find a counter-evidence story.
You'll mess this up.	You're taking a risk. That's leadership.	Write your "tiny move anyway."
You shouldn't need help.	You've been conditioned to think competence = silence.	Ask a better question.
You shouldn't need help.	You care. This matters. You're outside your comfort zone.	Write down one reason it matters.

SECTION 3: YOUR GREMLIN SHRINKING MOVES

Tick and try one of these today:

- ***Say It Out Loud*** - Even to your dog. It interrupts the spiral.
- ***Revisit Your Receipts*** - Open your Happy File and relive one win.
- ***Move With the Fear*** - Take one tiny step before you feel 'ready'.

Reflection: What did you try? How did it feel? _____

SECTION 4: BONUS BRAG FOLDER STARTER

Log a few receipts to keep that gremlin in check:

3 'I did that' moments:

2 thank-you messages you received:

1 recent risk you took (even if it felt scary):