# The Gremlin Check In

WHEN YOUR FRAUD VOICE SHOWS UP, FILL OUT THE STICKY NOTES

# HERE'S A COUPLE OF EXAMPLES

#### MY GREMLIN SAID:

"I'm totally out of my depth. I think they hired the wrong person."

#### **GREMLIN TRANSLATION:**

This is unfamiliar. My brain's panicking because I don't feel in control yet, but of course I don't. I've just started. I'm learning.

### WHAT'S ACTUALLY TRUE:

- They picked me after interviews. I didn't lie or trick them.
- Every job I've ever started has felt awkward at first and I figured it out then, too.

#### MY TINY MOVE:

Ask one team member " if there's one thing I need to know about our work what is it?" (it will lead to a more detailed chat.

## MY GREMLIN SAID:

"I don't belong here; everyone else is way more qualified."

# **GREMLIN TRANSLATION:**

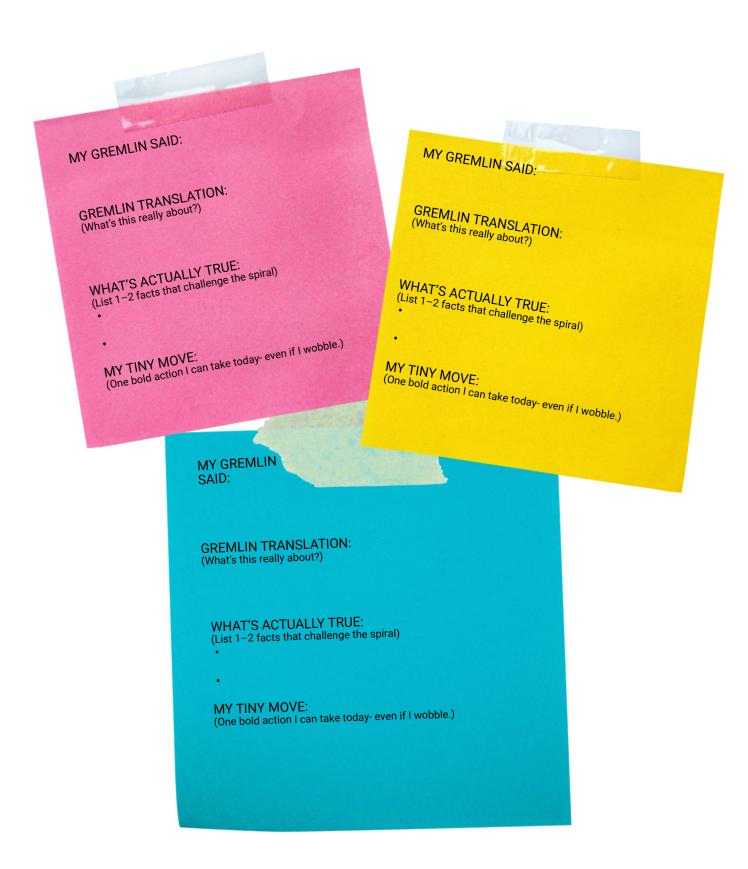
I'm doing something brave. My brain's trying to protect me from risk, but I'm not actually unsafe, I'm just outside my comfort zone.

# WHAT'S ACTUALLY TRUE:

- I was invited here for a reason
- I've done hard things before and figured it out

# **MY TINY MOVE:**

Share one idea in today's meeting, even if my voice wobbles.



DONE IS BETTER THAN PERFECT. THE GREMLIN HATES ACTION. YOU'VE ALREADY WON.