

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.

MY GREMLIN SAID:

GREMLIN TRANSLATION:
(What's this really about?)

WHAT'S ACTUALLY TRUE:
(List 1-2 facts that challenge the spiral)

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MY TINY MOVE:
(One bold action I can take today- even if I wobble.)

MY GREMLIN SAID:

GREMLIN TRANSLATION:
(What's this really about?)

WHAT'S ACTUALLY TRUE:
(List 1-2 facts that challenge the spiral)

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MY TINY MOVE:
(One bold action I can take today- even if I wobble.)

MY GREMLIN
SAID:

GREMLIN TRANSLATION:
(What's this really about?)

WHAT'S ACTUALLY TRUE:
(List 1-2 facts that challenge the spiral)

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MY TINY MOVE:
(One bold action I can take today- even if I wobble.)

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