

## The Gremlin

This is the “Self-limiting voice” that pops up whenever we encounter a difficult situation. It’s helpful to identify and manage our Gremlin to make progress in our lives easier and less stressful.

<p>When, what, or who triggers my Gremlin? Or, if it’s not situation-specific, what is it?</p>	
<p>What happens to me? (physically, emotionally)</p>	
<p>What could I think, say or do differently to help me practically and emotionally?</p>	
<p>Is there someone I trust who can help me challenge my Gremlin (and myself) when it pops its head up?</p>	