

Bringing business skills to self-employed professionals of L&D.



# Tame your Wobble Gremlin

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# Introduction

We all have moments of self-doubt — that little voice that creeps in just as you're about to try something new, put yourself out there, or make a big decision. For many of us, especially if you're self-employed or running your own business, that voice can be surprisingly loud. It's the one that says "Who do you think you are?" or "You're not ready for this."

## **That's your Wobble Gremlin poking its head out.**

The Wobble Gremlin is your inner critic, fuelled by fear, uncertainty and the urge to stay safe. It's the part of your mind that wants to protect you from risk or rejection — but ends up holding you back.

It shows up when you're about to do something brave, bold or unfamiliar, and it feeds on thoughts like "I'm not good enough," or "They'll realise I don't know what I'm doing."

## **The thing is, the Gremlin isn't the enemy. It's just... misguided. It thinks it's helping.**

But when we give it too much power, it can shape our decisions — often in ways that limit us. Left unchecked, it can lead to procrastination, undercharging, saying yes to things we don't want to do, or not going after the opportunities we really want.

## **That's why taming it matters.**

Recognising your Wobble Gremlin is the first step in changing your relationship with self-doubt. Rather than letting it run the show, you can learn to pause, acknowledge its voice, and make more conscious, empowered choices.

You can shift from hesitation to momentum, from fear to curiosity, and from comparison to confidence.

This workbook will walk you through how to spot your Gremlin, understand what triggers it, and – most importantly – give you practical tools to tame it.

# What triggers your wobble?

Your Wobble Gremlin doesn't just pop up randomly — it has patterns. It tends to appear when you're doing something that feels uncertain, exposing or important. The more you understand what sets it off, the more you can catch it early and choose how to respond.

For many freelancers and small business owners, the triggers are often connected to things like:

- **Client feedback** – even neutral or constructive comments can sting
- **Pricing and money conversations** – talking about your worth can feel vulnerable
- **Putting yourself out there** – posting on LinkedIn, showing up at events, pitching to clients
- **Periods of quiet** – a lull in work can make your inner critic go into overdrive
- **Comparisons** – seeing others succeed can make you question yourself

Your triggers are personal to you. They may be rooted in past experiences, fears of being judged, or the pressure of running your own show. The key is not to get rid of them – it's to recognise them and respond more gently and intentionally.

**Take a moment to think about the situations where your Wobble Gremlin tends to appear. Use the prompts below to explore your own patterns:**

- When does my self-doubt tend to creep in?
- What situations make me second-guess myself?
- Whose feedback or opinions land heavily for me?
- Where in my business do I feel most exposed or uncertain?

# Reframing self-doubt

Once you start to recognise your Wobble Gremlin and what sets it off, the next step is to challenge it. This is where reframing comes in.

Reframing is the art of changing how you interpret what your Gremlin is telling you. It doesn't mean pretending everything is fine or ignoring reality — it means shifting the story from one of fear or inadequacy to one that's more balanced, kind and helpful.

When your Gremlin says "You're not ready for this," a reframe might be:

***"This is new, and that's OK. I'm learning as I go."***

Or if it says "Everyone else has it all figured out," you might remind yourself:

***"Nobody has it all figured out — I'm just seeing their highlights."***

Reframing helps you move forward without needing to wait until you feel completely confident. It's about building a habit of kinder thinking.

Think of a recent moment where self-doubt crept in. What was your Wobble Gremlin saying?

Now try flipping that thought into something more supportive or empowering. Use the table below to guide you:

Gremlin thought	Kinder reframe	Evidence / reminder

Use this as a tool you can come back to when you notice that inner critic getting loud. The more you practise, the easier it becomes to catch and reframe the gremlin thoughts.

## Five tips to help you reframe

### Talk to yourself like a mate

Replace “I’m not experienced enough” with: “I’m still learning – and that’s OK.”

Be kind to yourself. Would you say it to a friend?

### Celebrate your wins

Keep a folder or notebook of:

- Positive feedback
- Completed projects
- Moments you stepped up

Facts help quiet the fear.

### Flip the narrative

Thought: “I’m not experienced enough.”

Flip: “What if I’m exactly what they need?”

Evidence: “They approached me. I’ve done this before.”

### Find a champion

Talk to a trusted peer, mentor or business buddy who can remind you what you bring to the table. Don’t go it alone.

### Think value, not outcome

Reconnect with why you do what you do:

“I care about helping people learn.”

“I want to make a difference in my way.”



# Keep the momentum up

When the Wobble Gremlin shows up, it can feel like all your progress grinds to a halt. You might freeze, procrastinate, or convince yourself you're not ready. But here's the truth:

**You don't need to feel 100% confident to move forward.**

Momentum isn't about big wins every day. Sometimes, it's just about taking one small, manageable step. That could be replying to an email, sharing a LinkedIn post, or making a cup of tea and looking at your to-do list. Progress is progress — even if it's tiny.

And the more you keep moving, the quieter the Gremlin tends to get.

**Make it easy to keep going.**

- **Micro moves matter** - if a task feels too big or overwhelming, shrink it.
- **Keep a 'done' list** - to remind yourself of what you've achieved
- **Choose repeatable habits** - things that ground or energise you
- **Set up low-pressure routines** - like a weekly check-in with a buddy
- **Allow yourself to pause without guilt** - rest is part of the process

Momentum doesn't mean doing more. It means gently continuing.

**Think about what supports you when you're wobbling — and what tiny steps help you get back into motion. Consider these areas:**

- One small thing I could do today to move forward.
- A regular habit that helps me feel focused or visible.
- One thing I could do when I feel stuck or wobbly.

# Shift your mindset

Mindset is what keeps you going when things feel uncertain. Skills and strategy are important — but without the right mindset, self-doubt can derail even the best-laid plans.

The Wobble Gremlin loves to thrive on perfectionism, comparison and harsh inner talk. Shifting your mindset doesn't mean pretending everything is great — it means choosing thoughts that support your growth, energy and self-belief.

## Key mindset shifts:

- **Progress over perfection** - it doesn't have to be flawless to be valuable. Done is powerful.
- **Curiosity over criticism** - instead of "I failed", try "That's interesting, what can I learn from this?"
- **Flexibility over rigidity** - things won't always go to plan, but that doesn't mean you're off track.
- **Self-kindness over self-punishment** - speak to yourself like someone who deserves compassion (because you do).

Check in with yourself when you're feeling off track, overwhelmed or wobbly, pause and ask:

- Am I tired, or just doubting myself?
- Do I need rest, reassurance or a reset?
- What would I say to a friend in this situation?

Sometimes what you need isn't more effort — it's a moment to breathe, regroup and carry on.

## Take a moment to answer these:

- What's one thought I could let go of this week?
- What's one mindset shift I want to practise more often?
- What helps me feel grounded when things feel uncertain?

# Make the Gremlin work *for* you

Here's the truth: the Wobble Gremlin isn't going away. And that's OK.

It's not your enemy — it's a signal. It shows up when you're doing something bold, stretching yourself, or stepping outside your comfort zone. That little voice of doubt? It means you care. It means you're trying something new. It means you're human.

So rather than trying to silence the Gremlin completely, the goal is to recognise it, reframe it, and keep moving. You can learn to treat it like background noise — something you notice, but no longer let take the lead.

You can even make it useful. Use its appearance as a cue to pause, reflect, and reconnect with what matters most to you.

## **Next time the Gremlin shows up, ask:**

- What am I doing right now that feels important or brave?
- What support, reminder or reframe do I need?
- What's one small step I can take anyway?

**As you move forward in your life and career, remember:**

**You're allowed to wobble.**

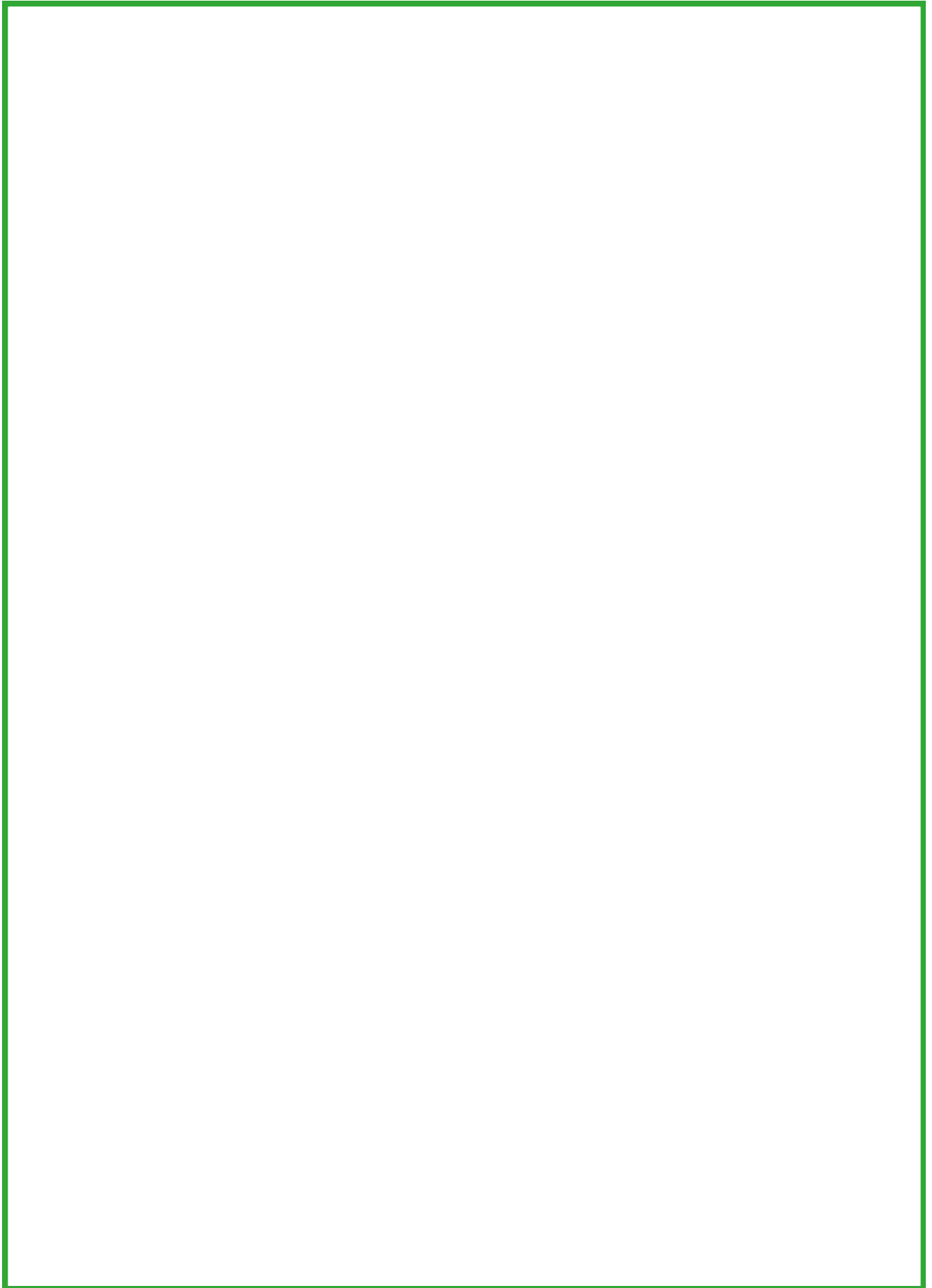
**It doesn't mean you're not capable.**

**It means you're doing something that matters.**

**Wobbling means you're growing.**

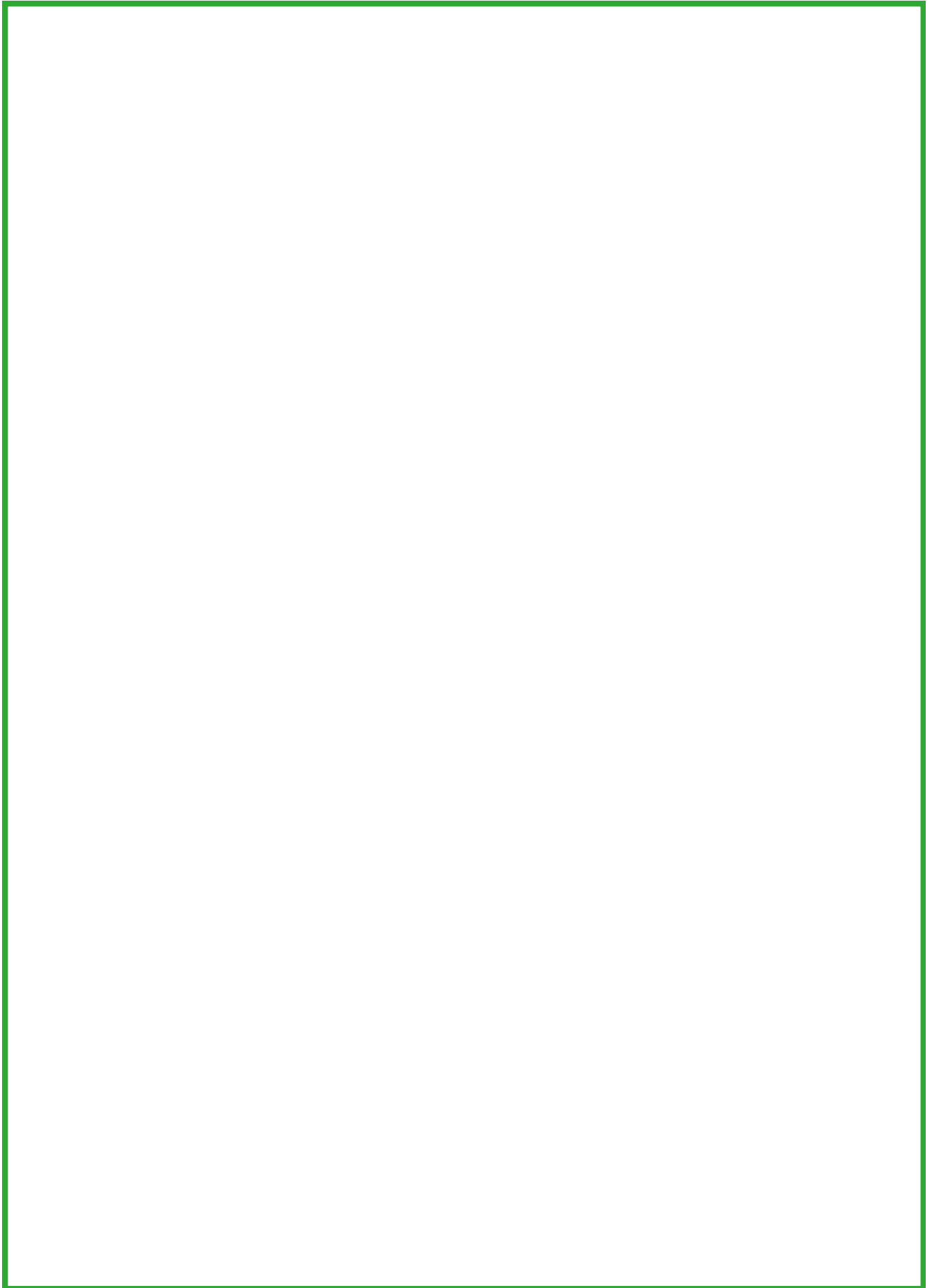


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