

## Claim Your Brain Gremlin!

Brain Gremlins are sneaky.  
They tell you things that are not true and that don't serve you.

The way to stop a Brain Gremlin in it's tracks is to  
**see it, name it and tell it to STOP!**

This worksheet will help you claim your Gremlin so you can stop him (or her).

### Instructions:

1. Look through the next few pages and pick out the Gremlin you connect with
2. Print out the page with your Gremlin
3. Cut him out and tape him to a pencil or stick
4. Have him with you during TYB
5. Fill in the worksheet about your Gremlin as needed





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**My Brain Gremlin's name is:** \_\_\_\_\_

When you notice your Brain Gremlin giving you ideas,  
look him (or her) straight in the eye and say:

***“Thank you \_\_\_\_\_ for your unsolicited opinion.***  
*(name of gremlin)*

***I choose NOT to believe you when you tell me... “***

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Don't feel a connection with the ones above?  
Draw one below... Or find something around your house that will  
represent your personal gremlin!

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