

## Fending Off the Gremlins that Keep us Financially Stuck

Many of us are attacked by gremlins when we try to deal with our financial situation. Sometimes our financial gremlins tell us harsh things about ourselves that make us feel embarrassment, guilt, and shame, and keep us stuck. This worksheet is to help you get to know your financial gremlins, and to think about the support you need to let them go and stay focused on the action steps that will help you achieve your goals.

When...	What do I think?	What do I feel? (Emotionally and in my body)	What do I do that is NOT helpful to me or financially?	What can I do about this instead?	Who has earned my trust to hear my story?
Example 1: I open a bill I know won't be able to pay	<i>"I am such a loser"</i>	A pit in my stomach. I want to cry.	I paralyze. I keep it a secret.	Repeat my favorite affirmation Reach out for support	My friend ...
Example 2: I get a call from a creditor when I am at work	<i>"These people never leave me alone"</i>	Embarrassed, angry. My chest is going to explode.	I stew. I don't pick up and avoid it as long as I can	Meditate with one of the recordings I have Reach out for support	My friend ...