

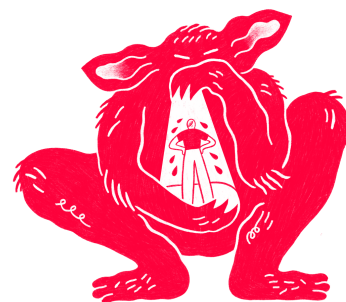
Squiggly Careers Live: Cage your confidence gremlins

A gremlin is a belief that holds you back

Everyone has gremlins to grapple with, even the most confident people. Gremlins are born from our experiences and environment, and if left unchecked can grow over time to become part of who we are.

Gremlins are a feature of being human, not something to be 'fixed', but we don't want to be passive about their presence.

Caging your gremlins gives you more headspace for learning, helping you to develop in different directions, and explore new possibilities.



Career advice to help you cage your confidence gremlins

"What we're trying to do is hard, it's supposed to be hard and we're stretching to meet a challenge and the confidence comes as we stretch."



Daisy Buchanan, author and podcast host

Best piece of career advice:

"Have something that's yours, have something outside your nine-to-five job or your career that just belongs absolutely to you, that you love, even if it takes some time to find it."

What gremlins are getting in the way of your career progression?



"Documenting the good helps with nerves. Confidence comes from taking something positive from every swim. I always take one positive thing."



Michael Gunning, athlete and LGBTQ+ advocate

Best piece of career advice:

"Don't let anyone dampen your light. Keep shining, keep manifesting good things. No matter what the future holds, just believe in it wholeheartedly because anything is possible."

If your gremlins were gone, what would you be doing differently?



"The sharing of gremlins is so important with other people who you see as successful. Knowing they go through the same thing, in their heads."



Dolly Alderton, journalist and author

Best piece of career advice:

"Do the thing, rather than talk about the thing. Be productive, do as much research as you can. Living it as much as you can, is the best way to feel creatively confident."

What small gremlin caging action can you take this week?



Recommended resources



Is a good story worth something?
Find out more about Pound Project, the independent publisher behind our 2-part book Gremlins.



How to cage your confidence gremlins
Helen and Sarah discuss lots of common gremlins that get in your way and share 3 ideas to help cage them on episode [#387](#) of Squiggly Careers.