

FOUR WAYS
NOT TO

Sabotage

YOURSELF

**The Art Of Becoming A
Present & Confident Leader**

RAE T. CHOIS

A GREMLIN IS A SNEAKY LITTLE CREATURE, THOUGHT VIRUS.

We all have them.

They hide in different places in your mind, but wherever they come from, gremlins cause fear, chaos and stuck-ness.

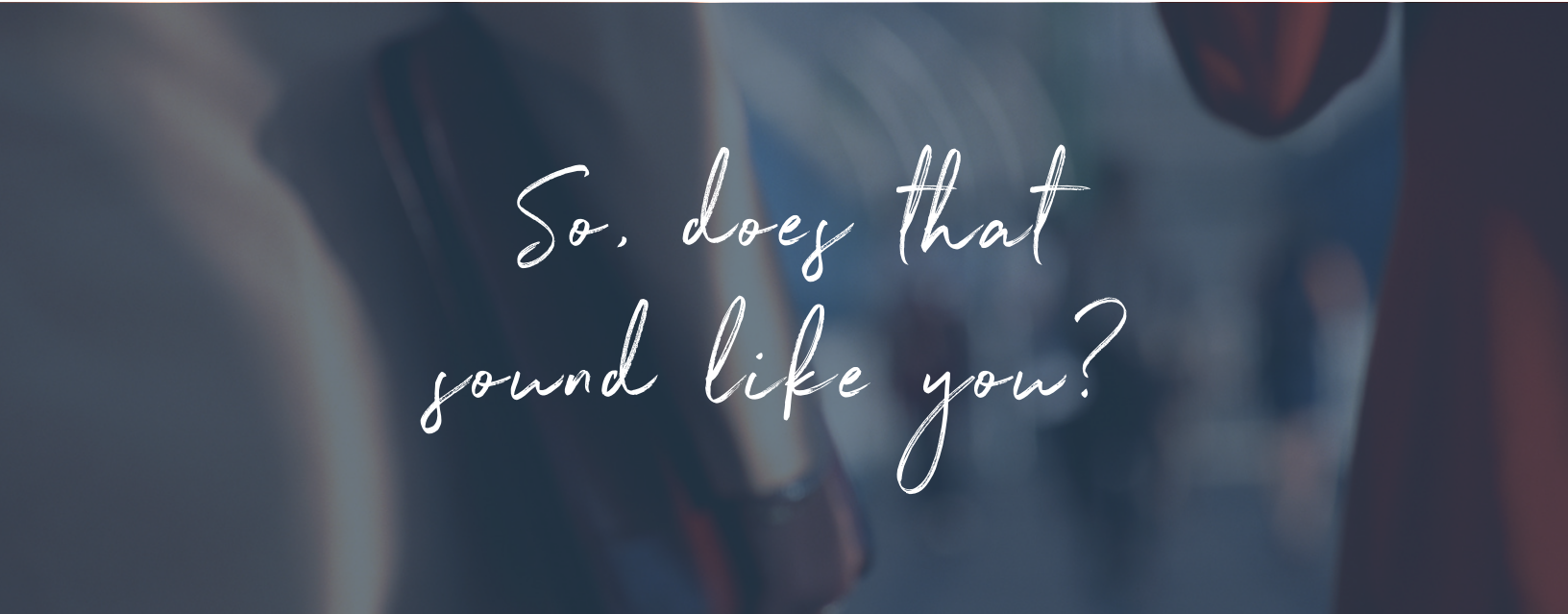
A gremlin is an internal habit or a feeling that seems to run on autopilot. Worst of all, they are so good at hiding you don't know they're there.

A gremlin is a motivation killer. An energy stealer. An oppressor of enthusiasm. Gremlins are nasty beings who usually have 'Fear of' in their names and are masters at doing one thing...preventing you from being your authentic self.

This is what fear does, doesn't it? It tells the lie that you are "less than you truly are" or that "you can't be who you truly are."

You, as your most authentic self, are a dazzling sight indeed. You really are.

- You know who you are and what you want.
- You have a vision for your life that reaches higher than most would dare.
- You take creative, bold action, and have that golden Midas touch in all your endeavours.
- You are surrounded by healthy, loving relationships.
- You are Uniquely and Originally Amazing!



So, does that sound like you?



Maybe you're saying "not yet"...and honestly, my answer wasn't a confident "100% YES" either. Dang it!

Don't you think it's time to eradicate your pesky inner Gremlins and gain the victory so you can shine as the wonderful, authentic being you are?

Of course!

The good news is, you are much, much more than these thought viruses.

You are wired to grow and expand. Just look around you.

As my friend and mentor, Mary Morrissey says, "Life is always seeking a fuller expression: the blade of grass wants to grow, the flower wants to blossom, the tree wants to expand, and you are here to learn to trust the voice of love within you, more than the voice of fear."

Yes or yes?

Martha Graham, modern dancer, says it beautifully:

"There is a vitality, a life force, a quickening (energy) that is translated through you into action, and because there is only one of you in all time, this expression is unique. If you block it, it will never exist through any other medium and be lost. The world will not have it. It is not yours to determine how good it is; nor how it compares with other expressions. It is your business to keep the channel open."

Your job is to keep the channel open. The way to do this is to learn to dial down the voice of your gremlins and dial up the voice of your soul's expansion.



THE

FOUR MOST

SABOTAGING

GREMLINS

01

Fear Of Going After Your Deepest Dreams

Ever catch yourself daydreaming and fantasizing about living someone else's amazing life?

(Me nodding "yes"...))

And, as this person with the great life, you get all the things you wouldn't let yourself even think you want.

Then, when you open eyes you dissociate and feel confused about what you want?

Maybe you even feel disempowered, lacking in purpose or like you "have no choice."

If you've had this feeling, then you'll know it's the worst. It creates the heaviest of emotions.

Listen, if you are feeling that way now, you're not alone...I've felt this too.

A lot of people are afraid to dream because they believe the past equals the future.

If you've ever been tempted to say "This is just how it is for me", or thought of something you deeply desire and said, "That will never happen. It is not for people like me."

Then, this gremlin needs to be kicked out on its tail.

Fear Of Not Deserving What You Want

If you sprint out of the gate taking on new projects...

but then get discouraged quickly and not finish projects, then check for this mischievous gremlin...

When the time comes to pick up the phone or to give a presentation and your legs feel like jelly...

or if it feels like you can't breathe and your enthusiasm drains away at the slightest 'obstacle', then you have this gremlin to deal with.

Fear Of Being Authentic

Ever sit in a meeting that was heading towards a decision you knew in your heart was wrong?

Or been in a conversation where “that” person was almost spewing their negativity into your energy field...and you said nothing?

“It’s not worth it,” you tell yourself and bite your tongue until you can get out of the room.

You play it safe and give the responsibility of decisions (and often your well-being) to somebody else. I have been there too.

Wow, this is a sneaky gremlin.

By convincing yourself you’ll be humiliated or harmed if you express YOUR values and authenticity, you end up giving away your power and instead follow.

If you’re marriage or relationships feel disempowering...shine a light and see if this gremlin shows up.

04 Fear of Responsibility, Blame, and Rejection

This is for all you worry warts out there. This gremlin likes to distract you with “I can’t”.

If you go through a list of why you can’t achieve what you want, you are sabotaging yourself with a mindset created to avoid rejection and blame.

If you worry about:

- How people will react to you if you fail or succeed
- How your family or job or culture is preventing you from success
- How your education isn’t what it needs to be...

Then, these all are symptoms of this gremlin.

Worrying about what’s not in your control can be crazy-making, can’t it?

Trust me, I know....

So here’s the good news...

I’ve found a tool that set me free of my gremlins that I’d love to share with you now:



THE

FREEDOM

TOOL TO

DEFEAT &

EXILE YOUR

GREMLINS



LET'S PLAY THE "IF GAME"

The Rules

To play you must write these three things on three sheets of paper:

- 1) Your values (what is most important to you)
- 2) Your priorities (or what you wish your priorities were)
- 3) Your vision for a life you love three years from now (do not focus on how, just write the vision of a life you would really love)

Now go through each sheet and play along – even it feels like pretending, because even pretending works.

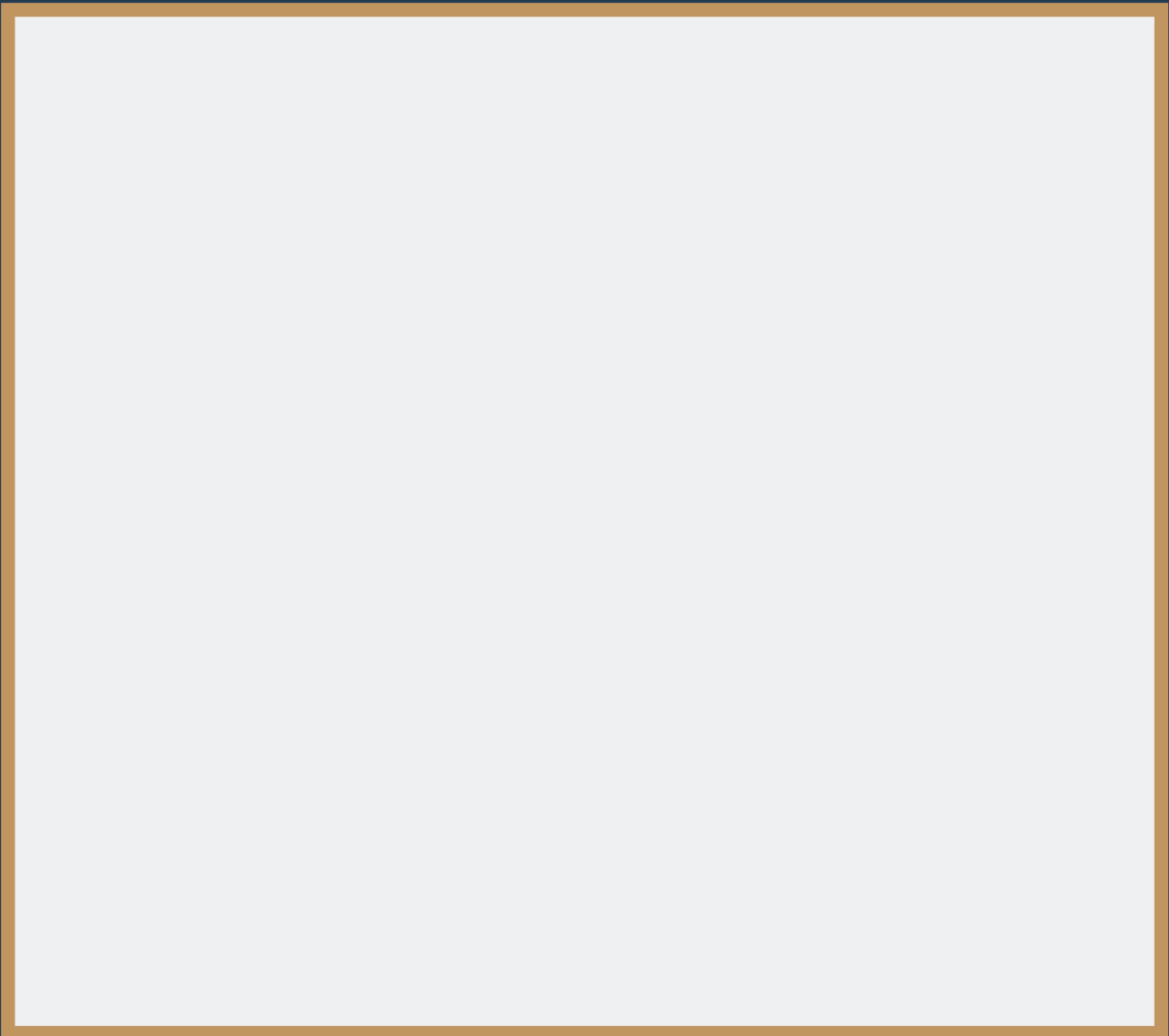
STEP 01

Look at your sheet with your vision.

Ask yourself, "If this was my life, would I love it?"

Rewrite it until you absolutely love every part of it.

Be creative with this.



STEP 02

Next ask yourself,

“What IF every part of my vision for my life was 100% possible and guaranteed... just what if...?”

Then, use your imagination.

Let yourself really go there and see the pictures in as much detail and color as possible.

The gremlins may show up, but for this game, don't pay any attention to them.

Set them aside, or even better... act as if they are not even there. Ignore those sneaky creatures.



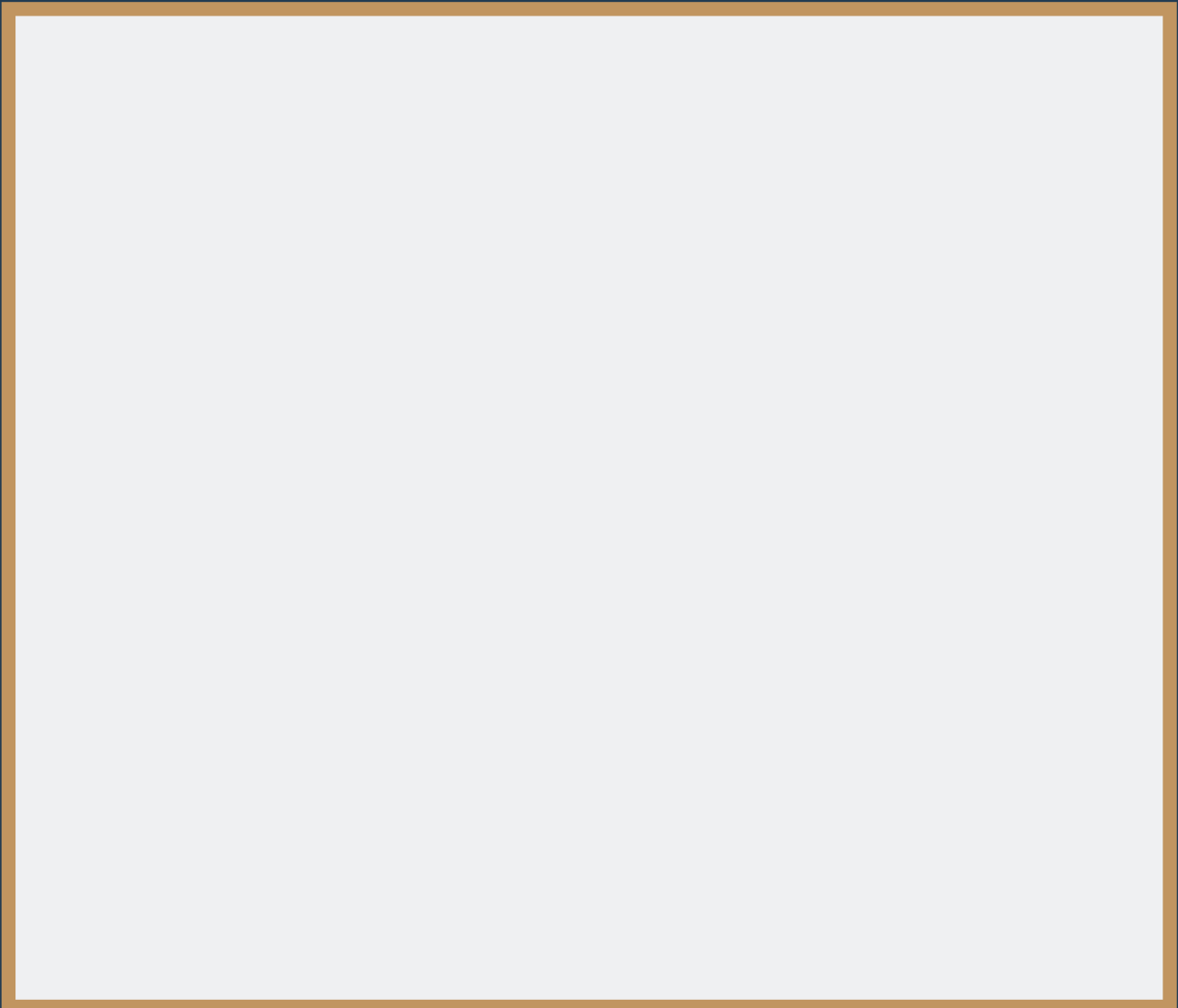
STEP 03

Then ask,

“IF I was living this vision, what would it feel like?” Let yourself feel the positive emotions in every cell of your body as you visualize it.

It feels good, doesn't it?

Again, pay no attention to any gremlins if they show up.



STEP 04

Now ask,

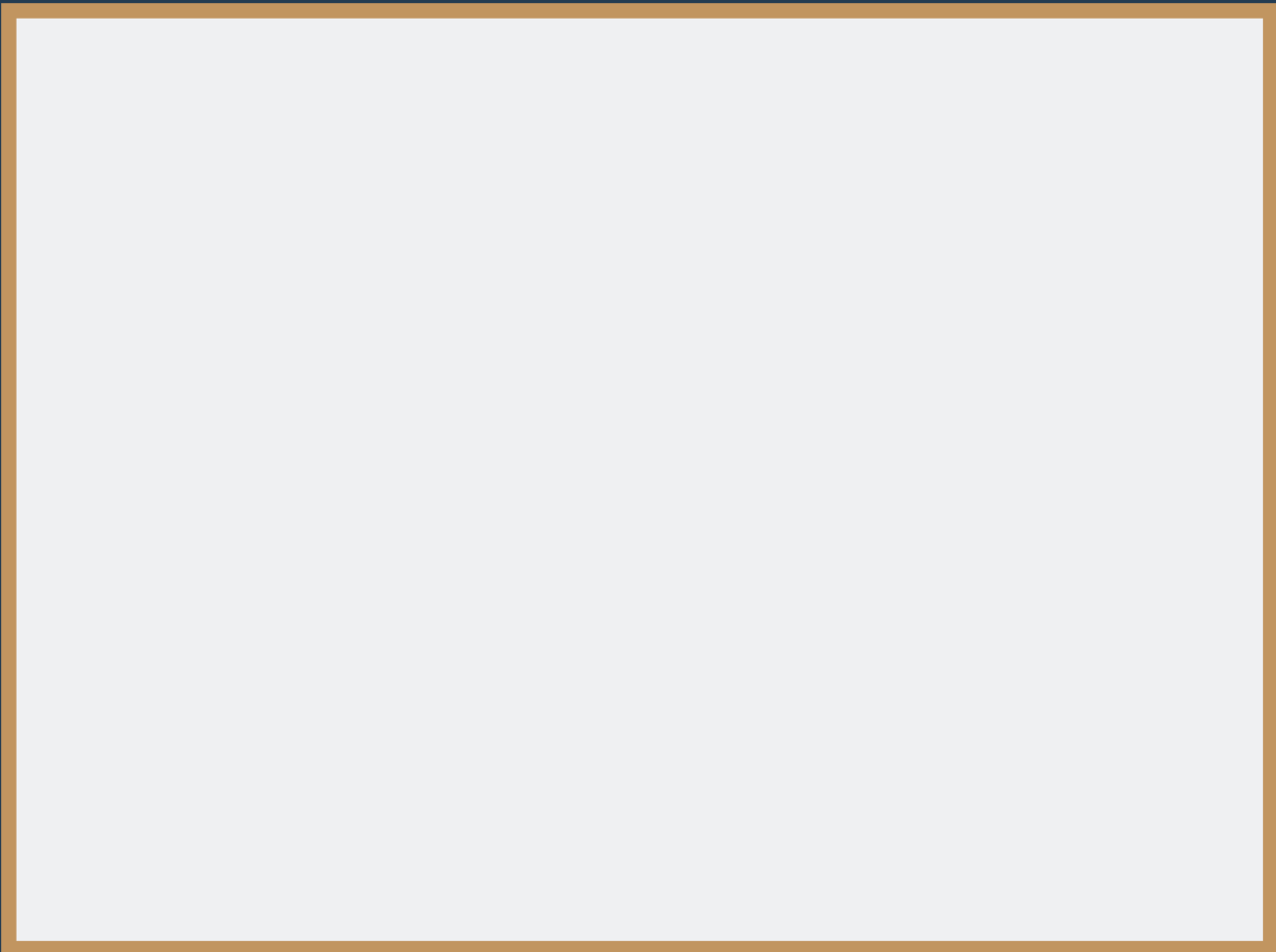
“What IF I knew this was guaranteed to happen...what small step will I take today to get there?”

Or another way of saying it for your priorities sheet is

“What IF I was guaranteed to live this life (or something even better for me), what will I do today to prove it?”

Another great question is, “What can I do with what I have in this moment?”

Write all the action steps that come up for you...you'll be surprised how much does!





Say goodbye to your gremlins

Playing the “IF Game” helps you re-frame your mindset and emotions in a gentle way that naturally turns off those gremlins and kicks them out of your thoughts and feelings.

Play the game as much as possible, and make the questions your own and have tons of fun.

What IF, your words become your reality?

What IF, the best movie you will ever watch is the future you are moving into?

What IF, you are here to love your grandest vision into existence?

Feel the gratitude flowing, experience your Inner Radiance shining, and wave good-bye to those sneaky gremlins.

Remember, what you think about and thank about, you bring about.

Celebrating You and Your Expanding Radiance!

Love,

Rae T. Choig

P.S. When in doubt, here is another winning strategy: When Gremlins Come Knocking... Do Not Answer!

If you would like to dive deeper into this topic, I'd love to support you. To set a time to connect, email me at Rae@RaeChois.com.