

Skills Sprint - Day 3 - Confidence

Use this
CustomGPT
to cage your
confidence
gremlins

Squiggly
Careers
Skills Sprint x AI

What is this squiggly skill?

Gremlins are the doubts, fears, and limiting beliefs that hold you back. Shining a light on them helps you build confidence, stop self-sabotage, and say yes to opportunities that help you grow.

Why it matters



***Caging gremlins
supports us to
explore our potential
and possibilities***

Meet our CustomGPT

Designed to tackle confidence gremlins. Use to spot doubts holding you back, reframe them with actions, and practice tricky conversations.



Squiggly Career Confidence Coach

By Helen tupper 8

We'll help you to explore the confidence gremlins that are getting in your way and offer ideas and insights to help you to cage them.

How can I spot the gremlins that are getting in my way?

What actions can I take to cage my confidence...

How can I stop feeling like an imposter?

I'm worried about failing, what can I do to build my sel...

bit.ly/squigglycareerconfidencecoach

Tool to try out

Ask AI to create a visual of your gremlin. This makes it more tangible to start tackling.



Then ask AI to 'act as your gremlin' and use your responses to practice challenging the negative assumptions your gremlin creates.

Talk as a team

Draw your gremlin

Sketch what your gremlin looks like on a piece of paper

Create a gremlin gallery

Display it or show it to camera if sharing virtually

Share & discuss

Explain its meaning to build team connection and understanding.

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Watch Sarah & Helen explain why confidence matters and how AI can help you strengthen it on YouTube.



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It's not too late to sprint.

Join thousands of learners
already signed up for our
free 5-day skills sprint.

squigglyprint.com

