



Imposter Syndrome

What If They Find Me Out?
Challenging Our Self Doubt
& Stepping into Our Courage



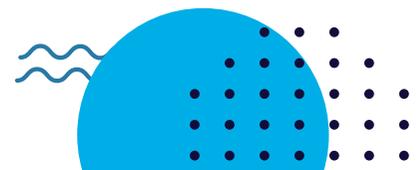
Write It Out

Brainstorm

What made you sign up for this workshop?

In which areas of your life do you feel like an imposter?

Why do you feel that way?





What are You Saying About Yourself?

Go back and look at what you wrote above, do any of these sound familiar?
(Circle the ones that do or anything that seems similar).

- "I'm not good enough, experienced enough, talented enough."
- "People think I know more than I do."
- "When will they realize?"
- "This time someone might call me out"
- "Do I deserve this?"
- "Am I fluke? "
- "But I don't have a degree in...."

Look over what you wrote. How does it play out for you?
(Circle below all that apply).

1. Are you feeling like a fraud?
2. Do you devalue your worth?
3. Do you undermine your experience or expertise?

What is your personality type?

(Circle the ones that occur the most).

*source: Dr. Valerie Young, The Secret Thoughts of Successful Women

The Perfectionist

They have such high expectations for themselves that even small mistakes will make them feel like a failure.

The Superwoman/Superman

They put in longer hours, never take days off and must succeed in all aspects of life in order to prove they are the "real deal."

The Natural Genius

They are used to things coming easily, so when something is too hard or they don't master it on the first try, they feel shame and self-doubt.

The Soloist

They don't like to ask for help, so when they do, they feel like a failure or a fraud.

The Expert

They continuously seek out additional certifications or training because they feel as though they will never know enough to be truly qualified.



Acceptance

What is your own personal mantra to remind your self of your worth?



Unsubscribe from Self Doubt

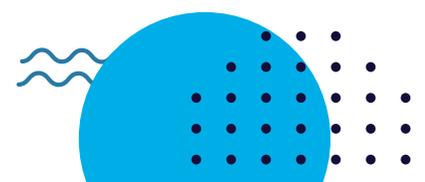
Turn Self Doubt into Idea Doubt

Pick one of your statements from Part 1 of Page 1 and write it here:

Then REWRITE it by turning it into idea doubt.

Here is an example:

“I’m bad at this” → “I’m not bad at this, it’s that the first few drafts of any idea are always bad — and I’m just not there yet.”





Value

Go hog wild and make a list of all the value you bring to a potential job, your community, your family, or any volunteer work you do.

Let yourself go!

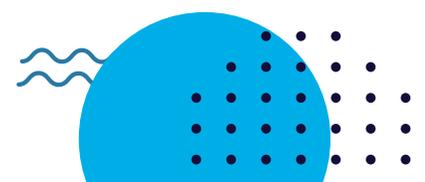
Own Your Success

Pick something you have done lately that you have caught yourself dismissing and own it. It can be anything. For example, a friend tells you that you did a great job advocating for extra support at school for your kids. Instead of minimizing it say "Thank you." You can also practice by saying to yourself, "I worked really hard to advocate for the kids at school and did a great job researching possible options that the school could implement."

Comparison

Personal Mantra : I will stop comparing myself to others. This does not serve me and is not based on true reality. Or write your own.

You can also picture a stop sign every time you find yourself comparing.





Design My Plan

Lead the Charge. Getting out of Your Comfort Zone and into the Learning Zone

What is a my goal? Remember to lower the bar a little since you are a high achiever. Ex: Networking more

What is my biggest fear?

What are my steps to working towards that goal?

Prep

What do I need to do to prepare?

Time

How much time do I want to spend on it? (Remember quick visits).

Frequency

How often do I want to visit the learning zone each week?

Embrace the Fear

What will I say to myself when my fear gets in the way? (Ex: Hi Gertie, I know you are here to protect me, but I'm ok and going to work on building some muscles just for a bit).

Rank Experience

Scale of 1-10 how bad was it? (Keep track each time you do it).

