

Imposter Syndrome Tips

Imposter Syndrome is defined as doubting and feeling undeserving of our achievements and successes. It's like wearing a mask of confidence while internally feeling unworthy and or unqualified. This leads to stress, anxiety, and a fear of being "found out" as not being as capable. It usually flares up when we have stepped into a new space and stays until we are comfortable doing that new thing hence the phrase "fake it 'til you make it". The following steps will help you move past it:



Perceiving and accepting your feeling- name and recognise what you are feeling in the moment

I feel like I don't belong here among these talented people.



Beating the negative mind with positive self-talk- replace it with other responses.

I may not know everything, but I'm capable and have achieved success before. I can learn and grow.



Sharing your feeling with the right people

I've been struggling with feeling like I'm not good enough, and I could use some support.



Knowing your strength and weakness to encourage self-development

I'm skilled at problem-solving but could benefit from enhancing my public speaking abilities.



Admitting and enjoying your success is a result of hard work, intelligence, and skills.

I've earned this recognition through dedication and talent, and I'm proud of what I've accomplished.