



Overcoming Impostor Syndrome

GUIDE + WORKBOOK





Impostor syndrome is that little voice in your head that tells you that you are not good enough to step out of your comfort zone and say yes to new opportunities.

It wants you to stay small and keeps you from achieving the success you desire.

In this guide and workbook, I will walk you through some key strategies to identify and overcome impostor syndrome.

Have you experienced any of these negative thoughts?
Check all that apply

I am not good enough

☐

I don't belong here

☐

I don't have the skills to do this

☐

I don't deserve success

☐

I am going to fail

☐

I am going to make a fool of myself

☐

What will people say

☐

People will discover that I am a fraud.

☐

If your answer to any of these was yes, then you have experienced impostor syndrome.

The good news is that you are not alone.

It is estimated that over 70% of individuals will experience impostor syndrome sometime in their lives.

Remember: You are not alone

Successful women suffer from impostor syndrome too

Tina Fey: "The beauty of the impostor syndrome is you vacillate between extreme egomania and a complete feeling of: 'I'm a fraud! Oh God, they're onto me! I'm a fraud!'"

Maya Angelou: The prizewinning author once said, after publishing her 11th book, that every time she wrote another one she'd think to herself: "Uh-oh, they're going to find out now. I've run a game on everybody."

Michelle Obama: The former first lady has spoken and written about how, as a young woman, she used to lie awake at night asking herself: Am I too loud? Too much? Dreaming too big? "Eventually, I just got tired of always worrying what everyone else thought of me," she said. "So I decided not to listen."

*Becoming aware of and identifying and
acknowledging Impostor Syndrome can help
you stop thinking like an impostor.*



Leading imposter syndrome researcher Dr. Valerie Young describes five main types of imposters in her 2011 book "The Secret Thoughts of Successful Women: Why Capable People Suffer from the Impostor Syndrome and How to Thrive in Spite of It."

1 The perfectionist

Rather than focus on their strengths, they tend to fixate on any flaws or mistakes.

2 The superhero

They feel inferior to their peers and tend to push themselves to work harder to measure up.

3 The natural genius

They set the bar really high and when they don't succeed on their first try, they feel shame.

4 The soloist

They don't like to ask for help because they feel it is a sign of weakness or inadequacy.

5 The expert

They are always trying to learn more because they fear they will be exposed as inexperienced or unknowledgeable.

Which type of impostor are you?

You can select more than one.

☐

The perfectionist

☐

The superhero

☐

The natural genius

☐

The soloist

☐

The expert



By doing things that your impostor syndrome says are impossible, you're stepping out of your comfort zone, building your skillset, and proving your negative thoughts wrong.

There are many ways to overcome impostor syndrome so you can step out of your comfort zone, stand out and stride into

Here are tips and exercises to help you get started

Overcoming Impostor Syndrome

1. Develop the Mindset

Adopting a positive mindset will help you cope with your feelings of impostor syndrome

Ask yourself, what do I have to do to move forward?

Do the exercise below where you replace your negative thoughts and limiting beliefs with positive thoughts and actions. Review the examples below, and add your own



Avoid trying out something new for fear of failure.



Stepping out of your comfort and embracing the opportunity no matter what the outcome.



Comparing yourselves to others and putting them on a pedestal.



Be inspired by others and know that you are as valuable as the person you look up to.



Feeling like you don't deserve praise and accolades when you accomplish something.



Accepting the praise and owning and celebrating your success

Your turn - add your own below



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2. Understand your Strengths and Weaknesses

Build confidence and belief in yourself by becoming more aware of your strengths and weaknesses.

Once you have a better understanding of your strengths and weaknesses, you won't have to spend so much time worrying that you're not qualified for certain tasks, projects or roles.

Strengths

What do you do well?

What unique skills do you have that sets you apart from everyone else?

Weaknesses

What could you improve?

What are others likely to see as your weaknesses?

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3. Create an "I am GREAT" folder.

Create a digital folder or physical folder or journal with emails, screenshots of positive feedback, testimonies, praise, writing positive affirmations. Don't have testimonies yet. List the people you could reach out to or write your own "I am Great" list below.

Checklist

Additional tips to help you overcome Impostor Syndrome



Just do it - don't let the fear of failure stop you from stepping out of your comfort zone



Practice self-compassion. Accept failures and mistakes and be kind to yourself.



Learn to accept compliments without making excuses.



Say yes to new opportunities.



Visualize success so you can plan how you will chart your course.



Own your accomplishments and celebrate your wins.



Find your tribe - a supportive network of like minded individuals.



Don't compare yourself to others or put them on a pedestal.



Forget about being perfect.



Focus on adding value.



Find a mentor.



Accept it and lean into your feelings of impostor syndrome.