

POD Imposter Syndrome

BY DEB HOPPER



**Yes, we all
struggle with
this!**



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IMPOSTER SYNDROME

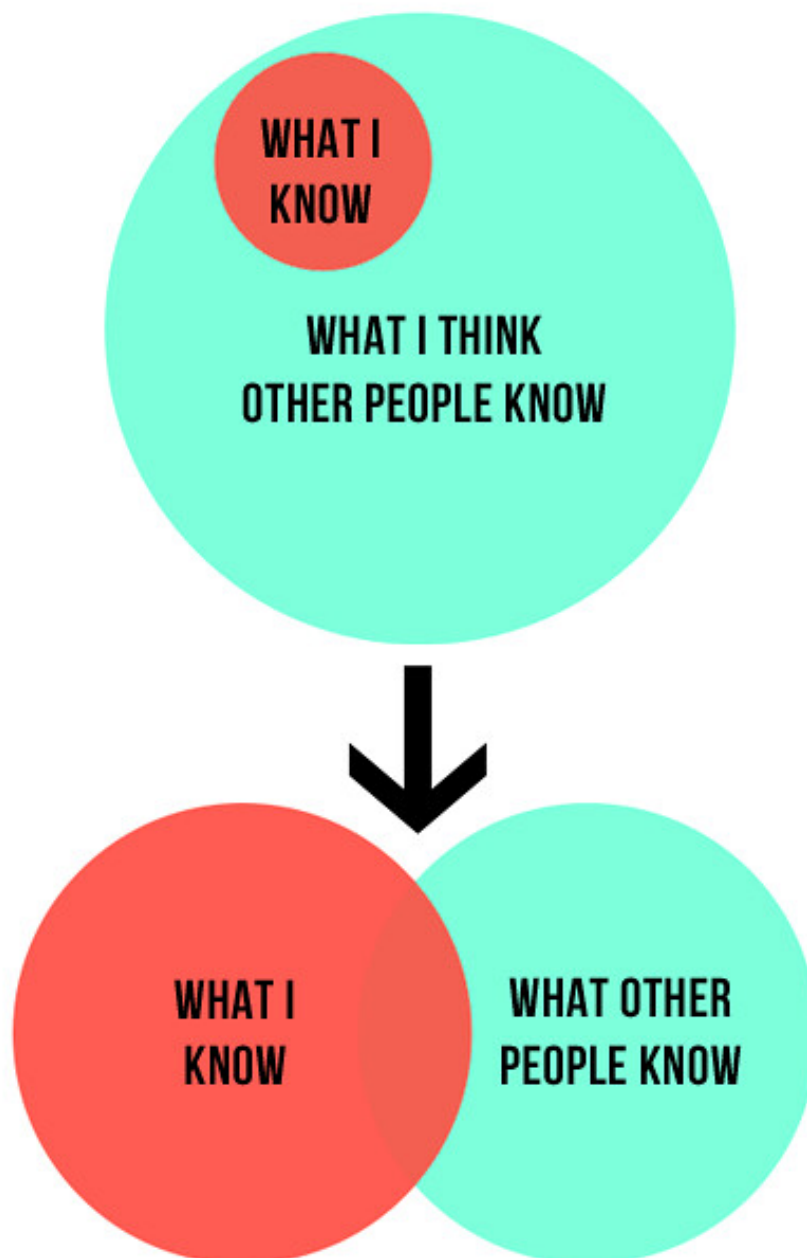
INSTRUCTIONS: Which of these statements do you resonate with? These are Incorrect thoughts and feelings and you CAN correct them.

- LIKE I DON'T MEASURE UP
- I'M NOT GOOD ENOUGH
- HOW DID I GET HERE
- I'M A FRAUD
- AT ANY MOMENT PEOPLE WILL REALISE I DON'T KNOW WHAT YOU'RE DOING.
- OK, I'M HERE, I'M A PROFESSIONAL, BUT HOW DID IT ACTUALLY HAPPEN?
- HOW DID I GET HERE?
- HOW DID I GET MY DEGREE?
- JOBS OR MY CLIENTS? I HAVE A BUSINESS, BUT I'M NOT GOOD
- I HAVE A BUSINESS, BUT I'M NOT GOOD ENOUGH AND IT'S NOT GOING TO WORK.



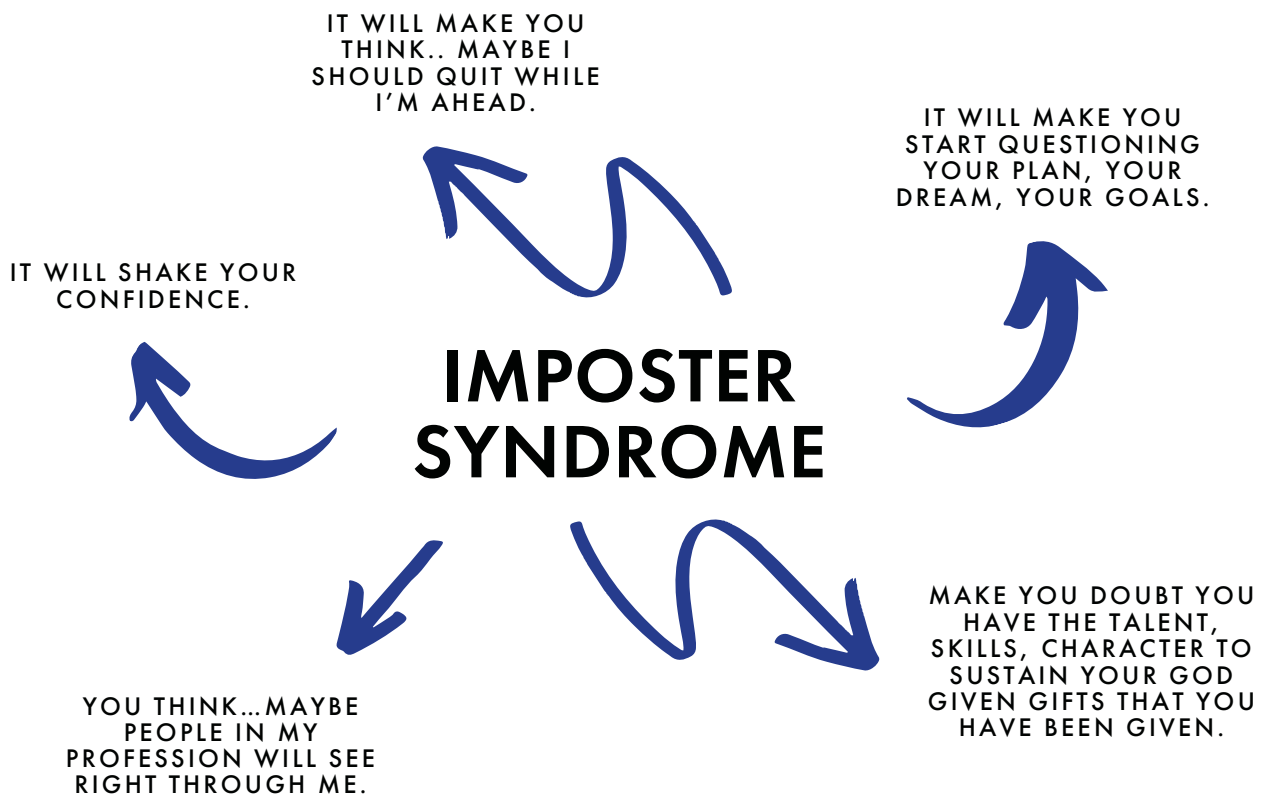
WHAT DOES IMPOSTER SYNDROME LOOK LIKE?

IMPOSTER SYNDROME... don't think that everyone knows more!



WHAT WILL IT DO?

IMPOSTER SYNDROME... don't think that everyone knows more!



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GET TO THE ROOT OF IT



YOU NEED TO GET TO THE ROOT OF IT

IF YOU DON'T... IT TRIGGERS:

STRESS

SPIRAL OF SERIAL LEARNING

ANXIETY

DOUBT YOUR SKILLS

FATIGUE

AND MORE...

- IF I JUST KNOW MORE, I'LL BE MORE CONFIDENT IN WHAT I'M DOING.
- KNOWING MORE WILL NOT ALWAYS MAKE YOU FEEL MORE CONFIDENT.
- MAKE YOU SECOND GUESS YOUR DIRECTION.
- YOU HAVE SUCCESS BUT YOU WANT TO WALK AWAY OR TRY SOMETHING NEW.
- JUMP FROM ONE JOB TO ANOTHER OR PROJECT TO PROJECT

TIPS

1

GET TO THE ROOT OF WHERE IMPOSTER SYNDROME IS COMING FROM. THEN, HOW AM I GOING TO KEEP GOING INSPITE OF IT.

- Keep words and emails of encouragement. Keep screenshots, cards, notes from clients. Remind yourself of ways you did help people.
- Is there any truth to this?
- How can I fix things?
- How can I throw it out the window and keep moving on? Remind yourself you've helped A LOT of people.

2

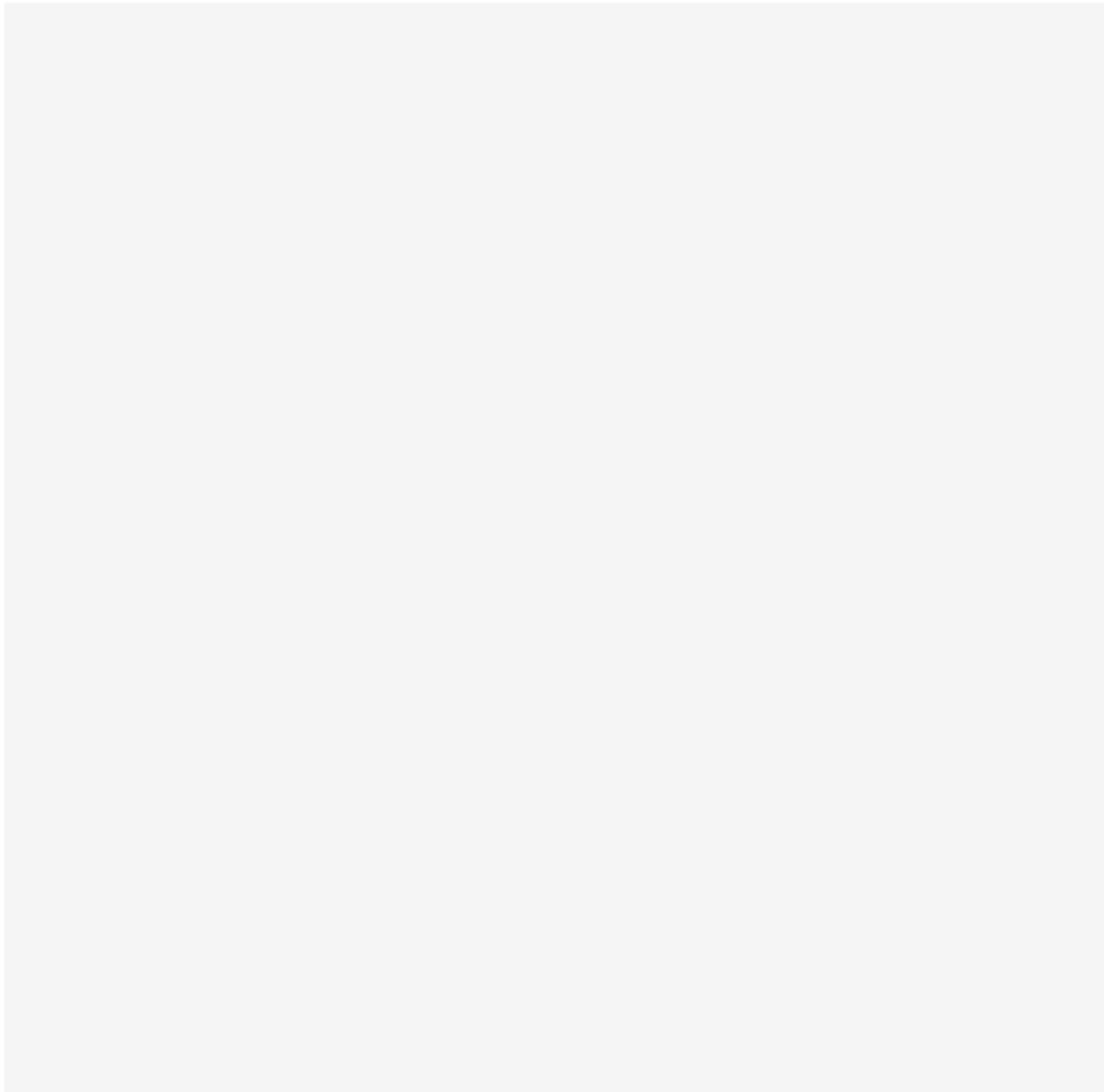
SURROUND YOURSELF WITH SUPPORTIVE PEOPLE ESPECIALLY A 1:1 PROFESSIONAL MENTOR, SUPERVISOR OR PERSONAL COUNSELLOR.

- Distance yourself from the people who make you feel worse.
- Make sure you don't have someone drilling a hole in your boat.
- You're not the only person who struggles with imposter syndrome.
- Remember that you were created for this purpose,



BRAIN DUMP IMPOSTER THOUGHTS

INSTRUCTIONS: Brain dump or mind map your imposter thoughts or situations where you feel like you're not good enough as a professional...



REFRAMING

INSTRUCTIONS: Now pick at least 2 imposter thoughts and reframe it with a realistic and truthful thought.

NEGATIVE THOUGHT:



POSITIVE STORY:

NEGATIVE THOUGHT:



POSITIVE STORY:

NEGATIVE THOUGHT:



POSITIVE STORY:

NEGATIVE THOUGHT:



POSITIVE STORY:



CREATE YOUR NEW STORY

INSTRUCTIONS: It's OK to course correct if you feel you need a new story.

Jot down some ideas for your old story, what are your current imposter triggers, stories or outcomes. What will your new story look like?

OLD STORY

NEW STORY



ACTIONS

INSTRUCTIONS: What's your imposter Thoughts Plan? What will you do to ground yourself, reframe your thoughts and move forwards when imposter thoughts emerge.

