OVERCOMING IMPOSTER SYNDROME WORKSHEET

Strategies:

- When you have feelings of self-doubt, remember your accomplishments.
- Remind yourself that doubts or feelings of inadequacy are experienced by many people, and you are not along. Imposter syndrome is an affliction that affects people new to their career all the way to leaders of large businesses.
- Seek feedback when you are unsure of a decision or an action. Growing in your career will help you build confidence.
- Learning from others and learning lessons from mistakes are crucial and natural experiences in leadership.

1. Have you ever felt that you overwork yourself to "prove" that you are qualified and talented? Was that the right decision?

2. In your career, do you ever have the feeling that you will be *found out* to be less experienced than your colleagues think you are? Describe an example here. What positive self-talk might you give yourself to change this mindset?

3. In your workplace, is there a competitive culture? Do you see this as a positive and motivational place where you can thrive, or as a place where you feel isolated and fighting for the spotlight? If the latter, describe some changes that would make your experience more supportive.

"Always be yourself and have faith in yourself. Do not go out and look for a successful personality and try to duplicate it."
- Bruce Lee