


YOU ARE GOOD ENOUGH



5 Strategies To Overcoming
Imposter Syndrome

Introduction

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Do you not feel adequate at work? If you do, then you are not alone in that way of thinking. An outstanding 70% of people admit to feeling like they aren't good enough at some point in their career. However, you need to realize that *you are good enough*.

This feeling is known as imposter syndrome. It is something that sticks with you for long periods of time, making you feel almost crippling amounts of self-doubt. We will be covering everything that you need to know in this short report, so be sure to continue reading if you or someone you know suffers from imposter syndrome.

What Is Imposter Syndrome?

To briefly define this way of thinking, imposter syndrome is very loosely like doubting all of your skills and abilities. Many people that suffer from it feel like a fraud in their success- making them worry that they will be "found out" some day.

These feelings usually stem from perfectionism and a childhood with critical parents. Plus, those who felt excluded early on in their lives can also suffer from it, making it more common among minorities, those with learning disorders, or people with social anxiety. The condition mostly affects very successful people, who tricked themselves into thinking their wins came from luck alone, and not from their many talents and hard work.

Anyone can feel like an imposter when they start a new job or attend a new class. However, when those negative feelings persist and don't go away- that is when it becomes imposter syndrome.

How to Overcome Imposter Syndrome

If you have imposter syndrome, you will want to start changing your mindset right away. You can take several different steps to make your thoughts more positive. When you do, you will notice opportunities you never saw before-they were always there, you just never felt as though you could take them.

Plus, overcoming imposter syndrome can improve your relationships with your loved ones and friends. Overall, there are many different reasons that you should start working on yourself as soon as today. Here are five different strategies that you can use to overcome imposter syndrome.

#1. Stop Thinking Like an Imposter

First, you will need to stop thinking like an imposter. While this is one of the more challenging strategies you can try, it is also one of the most effective options for most people. If you feel like you don't belong at work, then changing your thinking will be very beneficial to you.

You will need to learn to recognize when you should feel fraudulent and when you shouldn't. You can try changing how you view your self-doubt into something entirely different. Instead of taking it as a sign that you don't belong, realize that this feeling could be completely normal.

If you felt like you didn't fit in as a child, those feelings can follow you into adulthood. Now, you are an adult in an adult workplace- you should not feel like a fraud after you worked so hard to get into your position.

Focus on the Positive

People tend to feel like imposters when they are perfectionists. If you are throwing so much time into your work and projects, then beating yourself up about it; you will want to take a step back and focus on the positives instead.

If you are a perfectionist, that means that you care about making high-quality final results. Your next goal should be to continue striving for quality when it matters, but don't push yourself on everyday tasks. Then, you want to learn to forgive yourself when mistakes do arise.

Remember- you are good enough! You don't need to focus on your mistakes. Instead, take time to think about the positives. Usually, making a mistake can be a learning experience for many people. Take what new information you can from the situation, then move on. You don't need to think about the negatives any more after that.

#2. Talk About How You Feel

This strategy is also very challenging. Many people don't like discussing their feelings with others. However, it will greatly benefit you in overcoming imposter syndrome. Remember, about 70% of people have felt this way. You are not alone and the odds are that who you choose to talk to about imposter syndrome can easily relate with you.

Talking with someone you trust about this mindset can be very freeing. They will likely let you know that your feelings are normal, but not something that you need to hold onto. They will remind you of your natural talents and skills, allowing you to feel better.

Talking With a Therapist

While chatting with someone close to you about imposter syndrome is always a good idea, a therapist will be able to give you even more insight. Their professional view will allow you to see the syndrome in a completely different light as well.

A therapist can help you recognize that your imposter feeling syndrome feelings are irrational. After all, you had to work very hard to achieve success. They will also tell you different ways that you can create new behavior patterns and thoughts to get past the syndrome.

#3. Write Down Achievements

Sometimes, reminding yourself of all of your achievements will assist you in getting rid of your self-doubt. Start by writing down your earliest achievements, all the way up to your most recent. Only you can measure your own success, so be sure to include everything that you are proud of on that list!

You want to make sure you store it somewhere you can view it when you need it the most- your achievement list should be somewhere that is easy to access. You can save it as a file to the computer you use for work, save an image of it to your phone, or even keep a handwritten list in your notebook.

When you start feeling like an imposter, pull out your list! As you read through it, think of all the effort you put into making those accomplishments. You should feel proud as you do this. If you continue doing this whenever you feel like a fraud, you should slowly notice the feeling disappearing.

After all, you are very talented and successful- you had to work hard to get here, so never feel like you aren't good enough! Positive thinking goes a long way in helping to relieve imposter syndrome.

Record Positive Feedback

Next, you will also want to keep a list of positive feedback somewhere on hand while you work. It should include positive reinforcement from your mentors, bosses, teachers, and even clients. For instance, if someone sends a positive email your way, you will want to record the snippets that make you feel proud somewhere.

Reading these records whenever you are feeling like an imposter will help to relieve the self-doubt. It will remind you that there are people who are very happy to work with you and that you are worthy of praise.

#4. Be Kinder to Yourself

Start being kinder to yourself- know that you don't need to be an expert the first time that you try something new. Often, imposter syndrome appears as negative thoughts. If you find yourself thinking "You aren't good enough" you will need to change how you think.

Talking to yourself negatively is a bad habit that can be very challenging to break. You will need to learn to replace those thoughts with positivity instead. Doing so will reduce your daily stress levels and help to make you feel less anxious. Plus, it will help you feel more comfortable tackling other projects that benefit your career even more.

Start by stopping yourself every time that you have a negative thought. You will want to challenge the negativity with something positive. For example, if you are feeling like you "just got the job because you were lucky" counter that with thoughts about all the effort you put into getting where you are today.

Create Positive Affirmations

Positive affirmations are simple, positive statements that you can think to yourself. They allow you to reduce your anxiety levels at work and promote a higher sense of success. Repeating positive affirmations and making them a habit can take a very long time. However, you will be rewarded with a better mindset and outlook when it comes to your work.

Some people choose to write down their affirmations and place them somewhere they can see them often. Others simply choose to repeat the affirmations in their head throughout the day, like a positive mantra.

No matter what you decide to do with your affirmations, make sure that they are short and uplifting.

#5. Step Out of Your Comfort Zone

Finally, you can start stepping out of your comfort zone a bit more often. Try out some new opportunities and push yourself to expand your skills. If you are presented with something new that can benefit you- you will want to take it.

Many people with imposter syndrome let opportunities slip by them because they feel like they aren't good enough to handle the task. As long as you aren't stressing yourself out too much, be sure to try out all the new opportunities that come your way. That way, you will be showing more dedication to your work and furthering your career.

With more successes, no matter how large or small, you will be removing imposter syndrome from your life. You will need to learn the difference between imposter syndrome telling you not to step out of your comfort zone and not being able to do it because you would be spreading yourself too thin, which is fine.

Learn to Ask Questions

Asking questions is an important part of stepping out of your comfort zone. If you feel like you need to be an expert already, then you won't ask anything-causing issues later on. Always be sure to ask plenty of questions.

It can be intimidating, but asking questions will ensure that you are learning from all of your new experiences. You want to recognize that there is nothing wrong with learning new things and asking others questions- you will be sure to gain plenty of new skills if you can do this.

Don't Be Afraid to Fake It

It is important to realize that sometimes people have to wing it in their careers. While you shouldn't always feel like this, it does happen. When it does, that is not a sign that you are lacking in your profession- many people actually view being able to "fake it" as a skill.

You are very talented, but don't be afraid to fake it until you make it! You will learn a lot and earn plenty of confidence in yourself, which can be used to overcome imposter syndrome.

If you change your behaviors first, your self-doubt will go away as your mindset changes. All of this occurs naturally, so you will want to trust the process.

Final Thoughts

Overall, there are five effective methods that you can use to overcome your imposter syndrome. We recommend that you think carefully about which you choose, so you can be sure that it will work for you. However, don't be afraid to switch it up if you have to! Most people combine the above strategies to build one that works the best for them.

You will need to be sure to change how you think, no matter which plan you decide to try out first. You will want to work on removing negative thoughts and replacing them with more positive ones.

It can take a long time to change a bad habit, so don't expect everything to be different after just a few days. You will want to spend the rest of your life being kind to yourself- because you deserve it.

There is a lot to know about imposter syndrome. The more you know, the easier it will be to overcome it. Make sure you are doing your research into the topic if you believe that you have the condition.