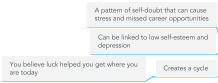
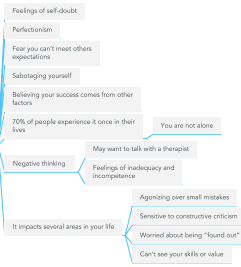


OVERCOME IMPOSTER SYNDROME

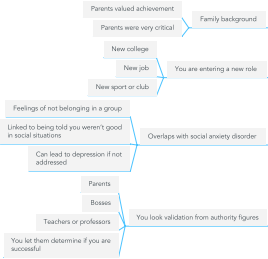
Recognize Imposter Syndrome



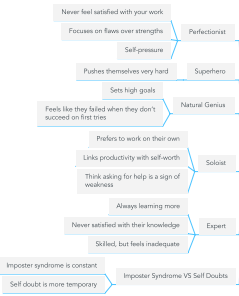
Do you have imposter syndrome?



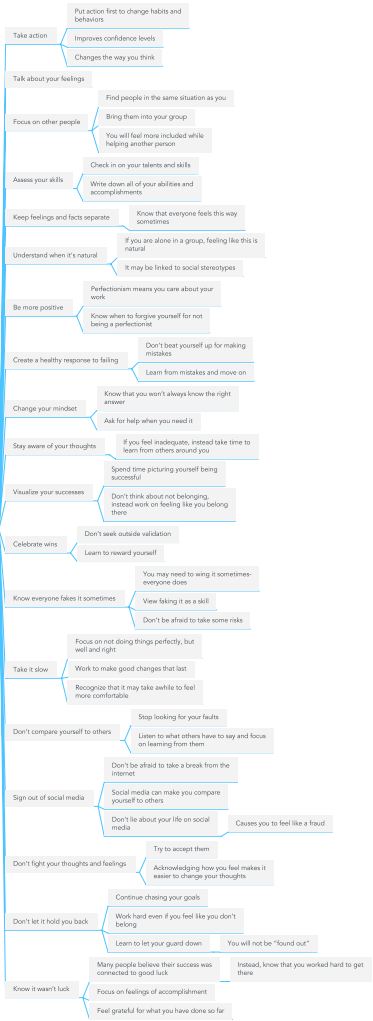
What Causes Imposter Syndrome?



Types of Imposter Syndrome



Overcoming Imposter Syndrome Steps



OVERCOME IMPOSTER SYNDROME

1. Do you have imposter syndrome?

- 1.1. Feelings of self-doubt
- 1.2. Perfectionism
- 1.3. Fear you can't meet others expectations
- 1.4. Sabotaging yourself
- 1.5. Believing your success comes from other factors
- 1.6. 70% of people experience it once in their lives
 - 1.6.1. You are not alone
- 1.7. Negative thinking
 - 1.7.1. May want to talk with a therapist
 - 1.7.2. Feelings of inadequacy and incompetence
- 1.8. It impacts several areas in your life
 - 1.8.1. Agonizing over small mistakes
 - 1.8.2. Sensitive to constructive criticism
 - 1.8.3. Worried about being "found out"
 - 1.8.4. Can't see your skills or value

2. Overcoming Imposter Syndrome Steps

- 2.1. Take action
 - 2.1.1. Put action first to change habits and behaviors
 - 2.1.2. Improves confidence levels
 - 2.1.3. Changes the way you think
- 2.2. Talk about your feelings
- 2.3. Focus on other people

2.3.1. Find people in the same situation as you

2.3.2. Bring them into your group

2.3.3. You will feel more included while helping another person

2.4. Assess your skills

2.4.1. Check in on your talents and skills

2.4.2. Write down all of your abilities and accomplishments

2.5. Keep feelings and facts separate

2.5.1. Know that everyone feels this way sometimes

2.6. Understand when it's natural

2.6.1. If you are alone in a group, feeling like this is natural

2.6.2. It may be linked to social stereotypes

2.7. Be more positive

2.7.1. Perfectionism means you care about your work

2.7.2. Know when to forgive yourself for not being a perfectionist

2.8. Create a healthy response to failing

2.8.1. Don't beat yourself up for making mistakes

2.8.2. Learn from mistakes and move on

2.9. Change your mindset

2.9.1. Know that you won't always know the right answer

2.9.2. Ask for help when you need it

2.10. Stay aware of your thoughts

2.10.1. If you feel inadequate, instead take time to learn from others around you

2.11. Visualize your successes

2.11.1. Spend time picturing yourself being successful

2.11.2. Don't think about not belonging, instead work on feeling like you belong there

2.12. Celebrate wins

2.12.1. Don't seek outside validation

2.12.2. Learn to reward yourself

2.13. Know everyone fakes it sometimes

2.13.1. You may need to wing it sometimes- everyone does

2.13.2. View faking it as a skill

2.13.3. Don't be afraid to take some risks

2.14. Take it slow

2.14.1. Focus on not doing things perfectly, but well and right

2.14.2. Work to make good changes that last

2.14.3. Recognize that it may take awhile to feel more comfortable

2.15. Don't compare yourself to others

2.15.1. Stop looking for your faults

2.15.2. Listen to what others have to say and focus on learning from them

2.16. Sign out of social media

2.16.1. Don't be afraid to take a break from the internet

2.16.2. Social media can make you compare yourself to others

2.16.3. Don't lie about your life on social media

2.16.3.1. Causes you to feel like a fraud

2.17. Don't fight your thoughts and feelings

2.17.1. Try to accept them

2.17.2. Acknowledging how you feel makes it easier to change your thoughts

2.18. Don't let it hold you back

2.18.1. Continue chasing your goals

2.18.2. Work hard even if you feel like you don't belong

2.18.3. Learn to let your guard down

2.18.3.1. You will not be "found out"

2.19. Know it wasn't luck

2.19.1. Many people believe their success was connected to good luck

2.19.1.1. Instead, know that you worked hard to get there

2.19.2. Focus on feelings of accomplishment

2.19.3. Feel grateful for what you have done so far

3. Types of Imposter Syndrome

3.1. Perfectionist

3.1.1. Never feel satisfied with your work

3.1.2. Focuses on flaws over strengths

3.1.3. Self-pressure

3.2. Superhero

3.2.1. Pushes themselves very hard

3.3. Natural Genius

3.3.1. Sets high goals

3.3.2. Feels like they failed when they don't succeed on first tries

3.4. Soloist

3.4.1. Prefers to work on their own

3.4.2. Links productivity with self-worth

3.4.3. Think asking for help is a sign of weakness

3.5. Expert

3.5.1. Always learning more

3.5.2. Never satisfied with their knowledge

3.5.3. Skilled, but feels inadequate

3.6. Imposter Syndrome VS Self Doubts

3.6.1. Imposter syndrome is constant

3.6.2. Self doubt is more temporary

4. What Causes Imposter Syndrome?

4.1. Family background

4.1.1. Parents valued achievement

4.1.2. Parents were very critical

4.2. You are entering a new role

4.2.1. New college

4.2.2. New job

4.2.3. New sport or club

4.3. Overlaps with social anxiety disorder

4.3.1. Feelings of not belonging in a group

4.3.2. Linked to being told you weren't good in social situations

4.3.3. Can lead to depression if not addressed

4.4. You look validation from authority figures

4.4.1. Parents

4.4.2. Bosses

4.4.3. Teachers or professors

4.4.4. You let them determine if you are successful

5. Recognize Imposter Syndrome

5.1. A pattern of self-doubt that can cause stress and missed career opportunities

5.2. Can be linked to low self-esteem and depression

5.3. Creates a cycle

5.3.1. You believe luck helped you get where you are today