

OVERCOME IMPOSTER SYNDROME



CHECKLIST

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- **Recognize Imposter Syndrome:**

- A pattern of self-doubt that can cause stress and missed career opportunities
- Can be linked to low self-esteem and depression
- Creates a cycle
 - You believe luck helped you get where you are today

- **Do you have imposter syndrome?**

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

- **What Causes Imposter Syndrome?**

- Family background
 - Parents valued achievement
 - Parents were very critical
- You are entering a new role
 - New college
 - New job
 - New sport or club
- Overlaps with social anxiety disorder
 - Feelings of not belonging in a group
 - Linked to being told you weren't good in social situations
 - Can lead to depression if not addressed
- You look validation from authority figures
 - Parents
 - Bosses
 - Teachers or professors
 - You let them determine if you are successful

- **Types of Imposter Syndrome**

- Perfectionist
 - Never feel satisfied with your work
 - Focuses on flaws over strengths
 - Self-pressure
- Superhero
 - Pushes themselves very hard
- Natural Genius
 - Sets high goals
 - Feels like they failed when they don't succeed on first tries
- Soloist
 - Prefers to work on their own
 - Links productivity with self-worth
 - Think asking for help is a sign of weakness

- Expert
 - Always learning more
 - Never satisfied with their knowledge
 - Skilled, but feels inadequate
- Imposter Syndrome VS Self Doubts
 - Imposter syndrome is constant
 - Self doubt is more temporary

- **Overcoming Imposter Syndrome Steps**

- Take action
 - Put action first to change habits and behaviors
 - Improves confidence levels
 - Changes the way you think
- Talk about your feelings
- Focus on other people
 - Find people in the same situation as you
 - Bring them into your group
 - You will feel more included while helping another person
- Assess your skills
 - Check in on your talents and skills
 - Write down all of your abilities and accomplishments
- Keep feelings and facts separate
 - Know that everyone feels this way sometimes
- Understand when it's natural
 - If you are alone in a group, feeling like this is natural
 - It may be linked to social stereotypes
- Be more positive
 - Perfectionism means you care about your work
 - Know when to forgive yourself for not being a perfectionist
- Create a healthy response to failing
 - Don't beat yourself up for making mistakes
 - Learn from mistakes and move on

- Change your mindset
 - Know that you won't always know the right answer
 - Ask for help when you need it
- Stay aware of your thoughts
 - If you feel inadequate, instead take time to learn from others around you
- Visualize your successes
 - Spend time picturing yourself being successful
 - Don't think about not belonging, instead work on feeling like you belong there
- Celebrate wins
 - Don't seek outside validation
 - Learn to reward yourself
- Know everyone fakes it sometimes
 - You may need to wing it sometimes- everyone does
 - View faking it as a skill
 - Don't be afraid to take some risks
- Take it slow
 - Focus on not doing things perfectly, but well and right
 - Work to make good changes that last
 - Recognize that it may take awhile to feel more comfortable
- Don't compare yourself to others
 - Stop looking for your faults
 - Listen to what others have to say and focus on learning from them
- Sign out of social media
 - Don't be afraid to take a break from the internet
 - Social media can make you compare yourself to others
 - Don't lie about your life on social media
 - Causes you to feel like a fraud

- Don't fight your thoughts and feelings
 - Try to accept them
 - Acknowledging how you feel makes it easier to change your thoughts
- Don't let it hold you back
 - Continue chasing your goals
 - Work hard even if you feel like you don't belong
 - Learn to let your guard down
 - You will not be "found out"
- Know it wasn't luck
 - Many people believe their success was connected to good luck
 - Instead, know that you worked hard to get there
 - Focus on feelings of accomplishment
 - Feel grateful for what you have done so far