

# IMPOSTER SYNDROME

EPISODE # 6

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## IMPOSTER SYNDROME.

*“A psychological pattern of doubting your accomplishments and having a persistent internalised fear of being exposed as a “fraud” or “found out.”*

## 3 MAJOR CAUSES OF IMPOSTER SYNDROME.

1. Having a limited or limiting self-image.
2. Comparison.
3. Downplaying your results.

# 1. RECREATE YOUR SELF-IMAGE

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**WHO DO YOU WANT/ NEED TO BE.**

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**WHAT LEVEL/ KIND OF PERFORMANCE DOES THAT "YOU" HAVE?**

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**HOW DOES THAT YOU THINK (MINDSET)?**

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**HOW DOES THAT YOU HANDLE CHALLENGES & SETBACKS?**

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**DESCRIBE THE POSTURE (HOW THAT "YOU" CARRIES THEMSELVES), THE TONALITY OF VOICE & HOW THAT "YOU" APPROACHES LIFE/ BUSINESS/ RELATIONSHIPS.**

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**IN ORDER TO SAY "YES" TO BEING THIS... WHAT MUST YOU SAY "NO" TO?**

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# 2. RUN YOUR OWN RACE.

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**1. FOCUS ON YOUR MISSION, YOUR VISION & YOUR TARGETS. WRITE THEM OUT BELOW.**

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**2. UNFOLLOW THE PEOPLE, THE COMPANIES, THE COMPETITORS ETC THAT CAUSE COMPARISON.**

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**3. WHAT DO YOU NEED TO WORK ON IN ORDER TO BE FREE FROM COMPARISON? CONFIDENCE, SELF-WORTH, POSITIVITY, FOCUS, MOTIVATION ETC. WRITE IT DOWN BELOW.**

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