

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.

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

HOW DOES THAT YOU THINK (MINDSET)?

HOW DOES THAT YOU HANDLE CHALLENGES & SETBACKS?

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

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.

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

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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CREATE A LIST OF 50 ACCOMPLISHMENTS.

Yes, that will seem like a lot. Ignore the thought that says "I don't have that many accomplishments" and push your mind to find them. They can be big or small and in any area of life. In order to complete this you'll need to force your mind to stop downplaying your accomplishments, your successes and the wins you've had in your life.

And YES, you MUST write them down in order to get the most benefit from it.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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