

Impostor syndrome is the inability to internalize successes and strengths clearly, focusing instead of feelings of inadequacy or fear of failure.

WHAT IS IMPOSTOR SYNDROME?

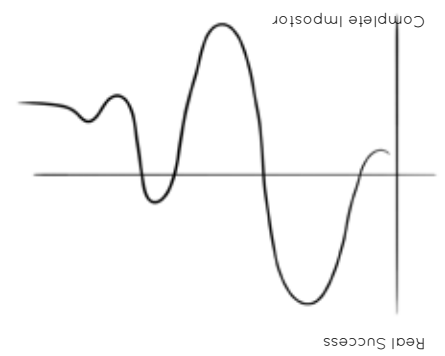
GETTING THROUGH IMPOSTOR SYNDROME



- | Unproductive | Productive |
|------------------------|------------------------------|
| Faked it. | Made it. |
| Knew less than others. | Knew different stuff others. |
| In the wrong job. | Can make good at job. |

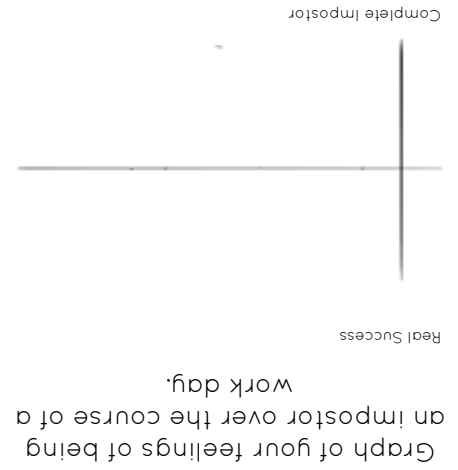
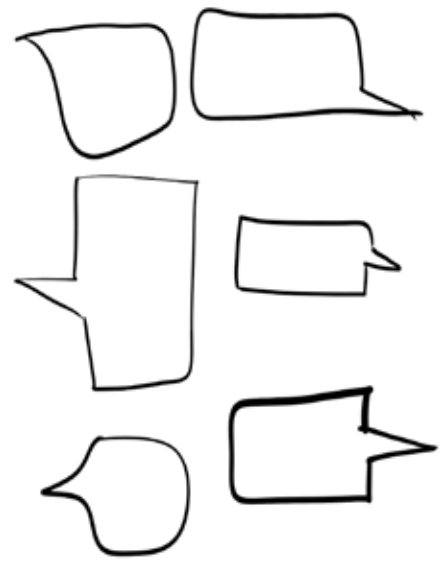
Fill both lists.

EVERYONE HAS MOMENTS WHERE THEY FEEL LIKE AN IMPOSTOR.



Feeling like an impostor often comes when you are uncomfortable or fear making mistakes. If overall you more often feel like an impostor, you will do better if you can find patterns so you can make changes.

Give yourself a few compliments about times you felt successful.



Graph of your feelings of being an impostor over the course of a work day.

What has made you feel less like an impostor?

What has made you feel more like an impostor?