

MANAGING IMPOSTER SYNDROME



Why do I think I am an Imposter?

What is the actual evidence to support this? *N.B. not your thoughts, actual evidence*

What is the evidence against your belief you're an Imposter?

What do I consider failures?

What is the evidence it was a failure other than in my thoughts?

How can I reframe my thoughts around the 'failure'?

What am I good at?

What are my achievements?

What should I remind myself of every day? *N.B. based around how brilliant you actually are*