



Are there times you feel like an impostor more than others?

When was the first time you felt like an impostor?

How often do you feel like you have impostor syndrome?



THE POWER OF YOUR THOUGHTS

What are some of those little lies you tell yourself?

Mindset matters.

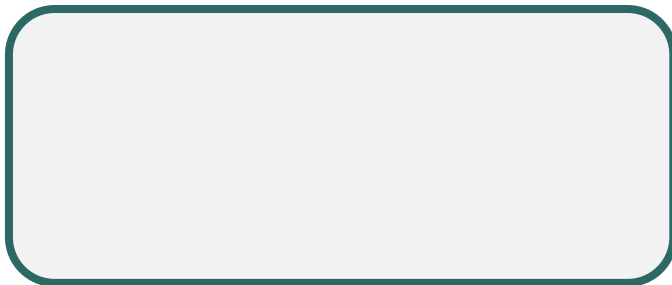
Knowing you're the right person in the right position can be hard to realize. But you're there *because* you're the right person. So, acknowledge you're amazing by writing things that you've accomplished (even little wins are still wins):

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NAME YOUR IMPOSTOR SYNDROME

Just like Jiminy Cricket was the positive voice of reason for Pinocchio, there are times we have the opposite voice in our minds. When those impostor syndrome thoughts pop into your mind, sometimes we can have a little fun with them by giving them an odd character or voice. Sketch out or give some characteristics of that make your impostor syndrome sound ridiculous.



This is my impostor syndrome, that I've named Jimmy Cockroach. When I hear his voice, it makes me laugh and I'm able to also realize that what he says isn't the truth, and I move on with my day.

@danfaill | www.DanFaill.com

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