



Finding Freedom from Imposter Syndrome

Workbook

Melody WILDING

_____ percent of people will experience Imposter Syndrome during their career.

QUIZ

<i>Do you secretly worry that others will find out that you're not as bright and capable as they think you are?</i>	YES	NO
<i>Do you sometimes shy away from challenges because of nagging self-doubt?</i>	YES	NO
<i>Do you tend to chalk up your accomplishments to being a "fluke," "no big deal," or the fact that people just "like" you?</i>	YES	NO
<i>Do you hate making a mistake, being less than fully prepared or not doing things perfectly?</i>	YES	NO
<i>Do you tend to feel crushed by constructive criticism, seeing it as evidence of your "ineptness?"</i>	YES	NO
<i>When you do succeed, do you think, "Phew, I fooled 'em this time but I may not be so lucky next time."</i>	YES	NO
<i>Do you believe that other people (students, colleagues, competitors) are smarter and more capable than you are?</i>	YES	NO
<i>Do you live in fear of being found out, discovered, unmasked?</i>	YES	NO



Imposter Syndrome is the crippling self-belief that you don't _____ or
couldn't _____ your success. It manifests in feeling like you're a
_____ who will be exposed as incapable.

WHAT IS YOUR EXPERIENCE WITH IMPOSTER SYNDROME?



Core Confidence Skill #1: Reframe Your Self-talk

_____ are automatic self-critical thoughts that drive Imposter Syndrome.

ACTIVITY: THE RULE OF 5

YOUR UNHELPFUL THOUGHT	REFRAME IT
	1. 4.
	2. 5.
	3.
	1. 4.
	2. 5.
	3.

QUESTIONS TO HELP YOU

- How would my best friend/hero/someone who is confident respond?
- If I knew everything would work out, how would my view change?
- What can I learn from this?
- When have I handled something like this before?
- What thought would get me closer to my goals?
- What other angles have I not considered yet?



Core Confidence Skill #2: Internalize Your Achievements



Core Confidence Skill #3: Accept, don't deflect, praise

What was it like to sit with the compliment instead of respond right away?

How is this different from how you normally respond?

As a leader, you can counteract Imposter Syndrome on your team by:

Creating _____ safety

Making _____ a priority

Being mindful of _____ you set and _____ you use.

_____ others



Break free from self-doubt so you can find the confidence to emotionally and professionally thrive.

FROM THE OUTSIDE, IT SEEMS LIKE YOU HAVE IT ALL.

You're a leader with an upward career trajectory and a steady stream of accomplishments.

But on the inside... something feels “off”.

- You're constantly stressed and anxious, unable to "turn off" after you leave the office.
- You struggle to say no, often take on too much, and find it hard to set boundaries and avoid people-pleasing with your team.
- You worry that you're not good enough, and Impostor Syndrome holds you back from reaching your potential.
- You feel emotionally fragile, and every criticism and setback sends you down a negative spiral.

You're not alone in feeling this way. Sensitive Strivers – smart, sensitive high-achievers like you and me – often do.

Emotional intelligence and ambition are the hallmarks of a powerhouse performer. But if left unchecked, they can also fuel stress and self-doubt and keep you from fully enjoying your success. **That's where coaching comes in.**

You can, and will, enjoy success without stress. I'm here to help you get there!

Visit melodywilding.com to learn more.



Melody