



Finding Freedom from Imposter Syndrome

Workbook

Melody WILDING

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

<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 are smarter and more capable than you are?</i>	YES	NO
<i>Do you live in fear of being found out, discovered, or unmasked?</i>	YES	NO

Quiz Credit: Valerie Young

RESULTS: _____ out of 8

The higher your score, the more frequently and seriously imposter syndrome interferes with your life.



THE 3-PART PROCESS:

_____ IT

_____ IT

_____ IT

ACTIVITY: REFRAME UNHELPFUL THOUGHTS

With a partner, identify one of your unhelpful imposter syndrome thoughts. Using the questions, work with your partner to create three options of more balanced thoughts.

YOUR UNHELPFUL THOUGHT	REFRAME IT
	1.
	2.
	3.

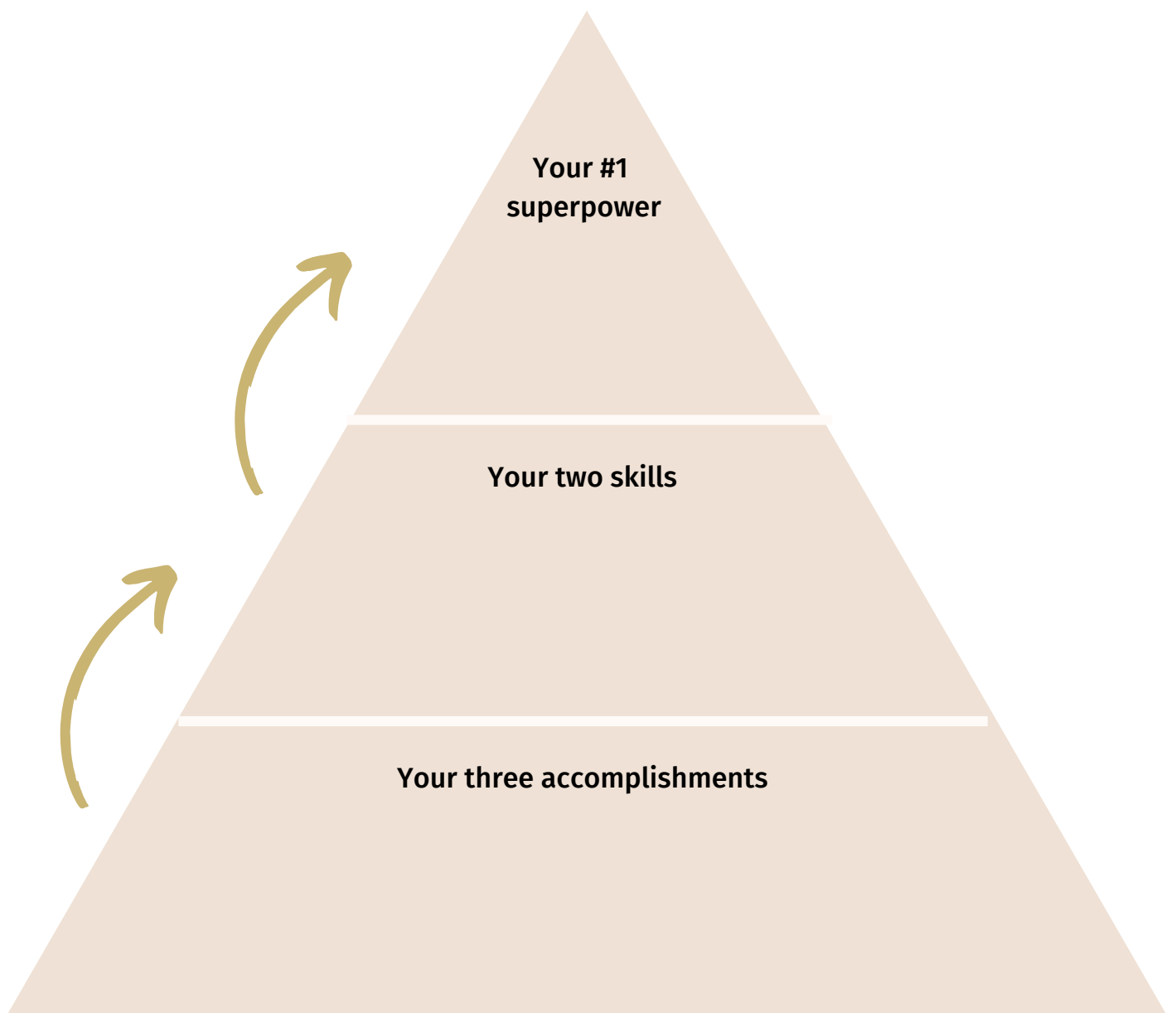
QUESTIONS TO HELP YOU

- 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?



ACTIVITY: NAME YOUR ACHIEVEMENTS

1. With your partner, write down three accomplishments from the past 6 months that you're proud of.
2. What professional or personal skills did you have to rely on or call upon to achieve the accomplishment? (ex. research, project management, communication). Write down two examples.
3. Based on the skills and accomplishments you selected, what patterns do you notice? Discuss with your partner what you believe your #1 personal superpower is. This is usually a quality that underlies and uniquely infuses everything you do. (ex. enthusiasm, dedication, or empathy, etc.)



ACTIVITY: YOUR ACTION PLAN

Together with your partner or on your own, write down how you plan to take action on what you learned today.

Today I plan to turn imposter syndrome into my superpower by...

This week by...

This month by...

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