

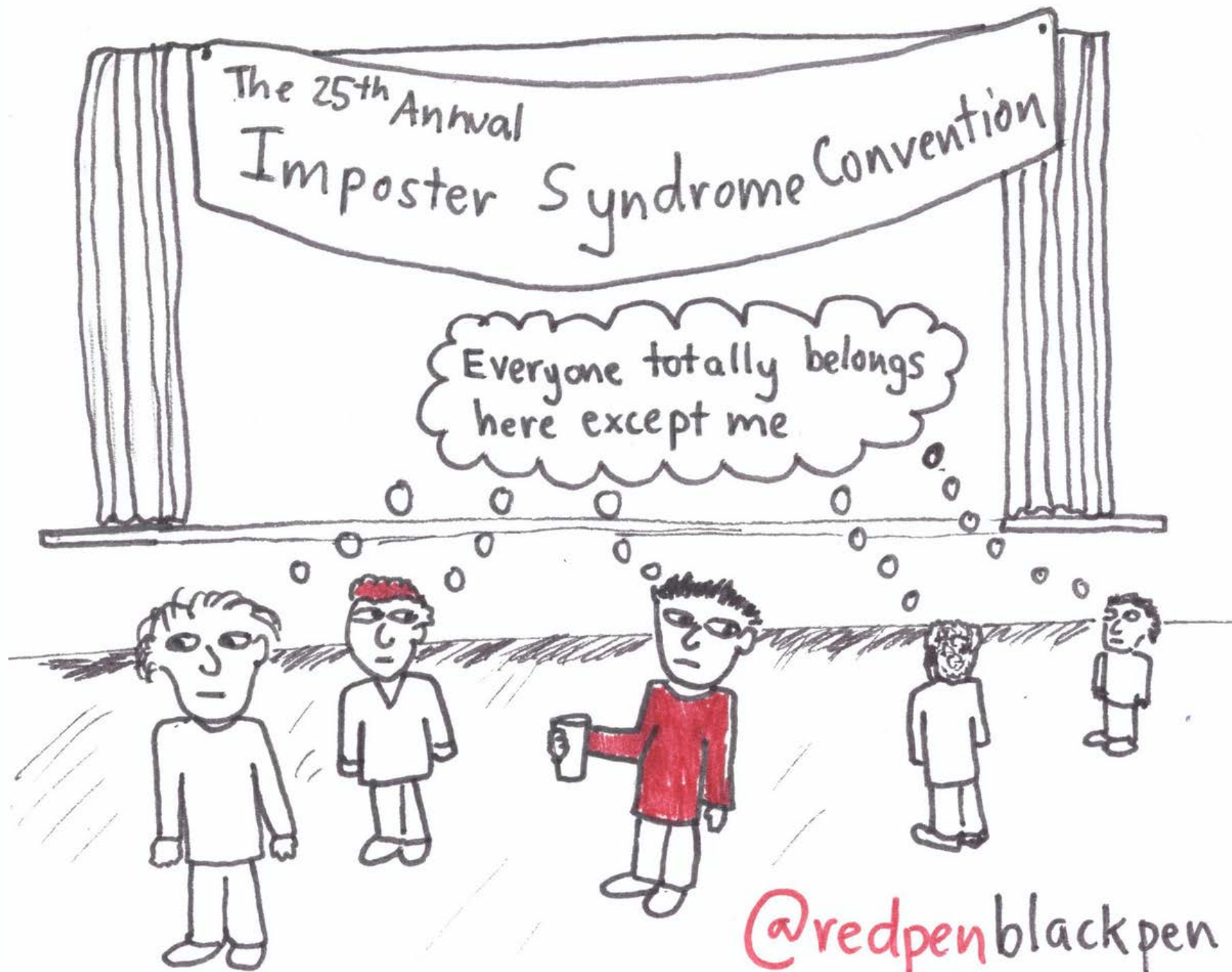
# Finding Freedom From Imposter Syndrome

with Melody Wilding, LMSW

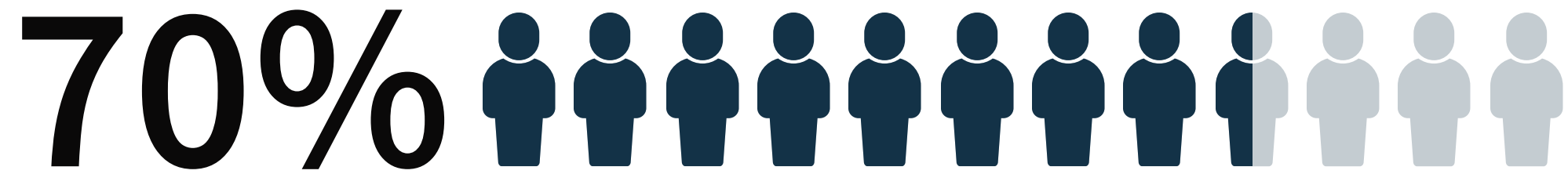








@redpenblackpen









**\$190 billion**





Turn your imposter syndrome  
into your secret superpower



# Hi, I'm Melody.

I help smart, driven people like you  
get out of their own way and stop  
doubting themselves.







They are what I call...

# Sensitive Strivers

# Sensitive Strivers

---



**They are highly attuned to emotions**



# Sensitive Strivers

---



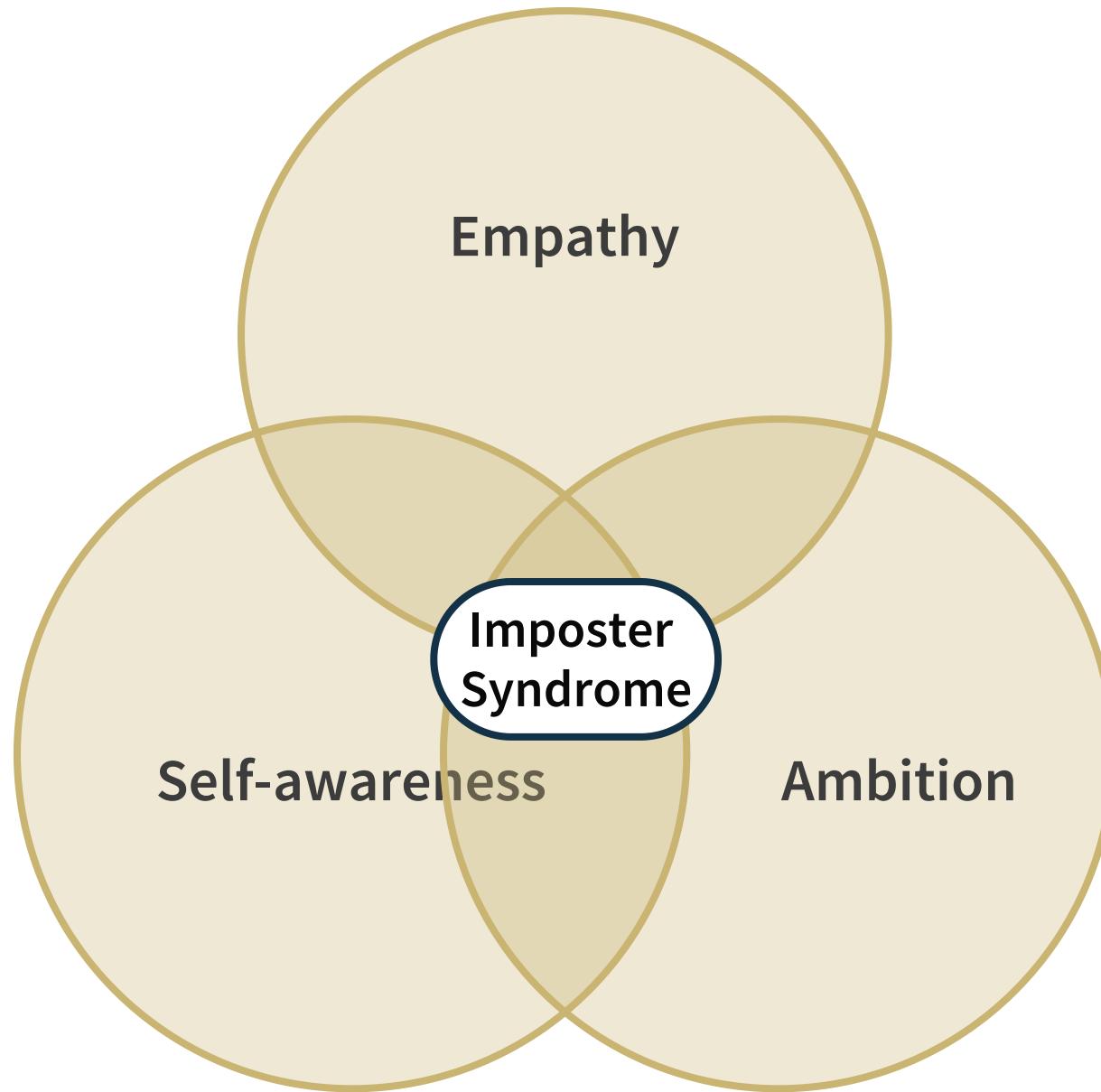
**They give 100 percent to  
their work**

# Sensitive Strivers

---



**They're susceptible to stress, emotional overwhelm, and overthinking**







|   |     |    |
|---|-----|----|
| <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, unmasked?</i>  | YES | NO |

## Do You...?

---



**Secretly worry others will find out that you're not as bright and capable as they think you are?**

# Do You...?

---



**Shy away from challenges  
because of nagging  
self-doubt?**



# Do You...?

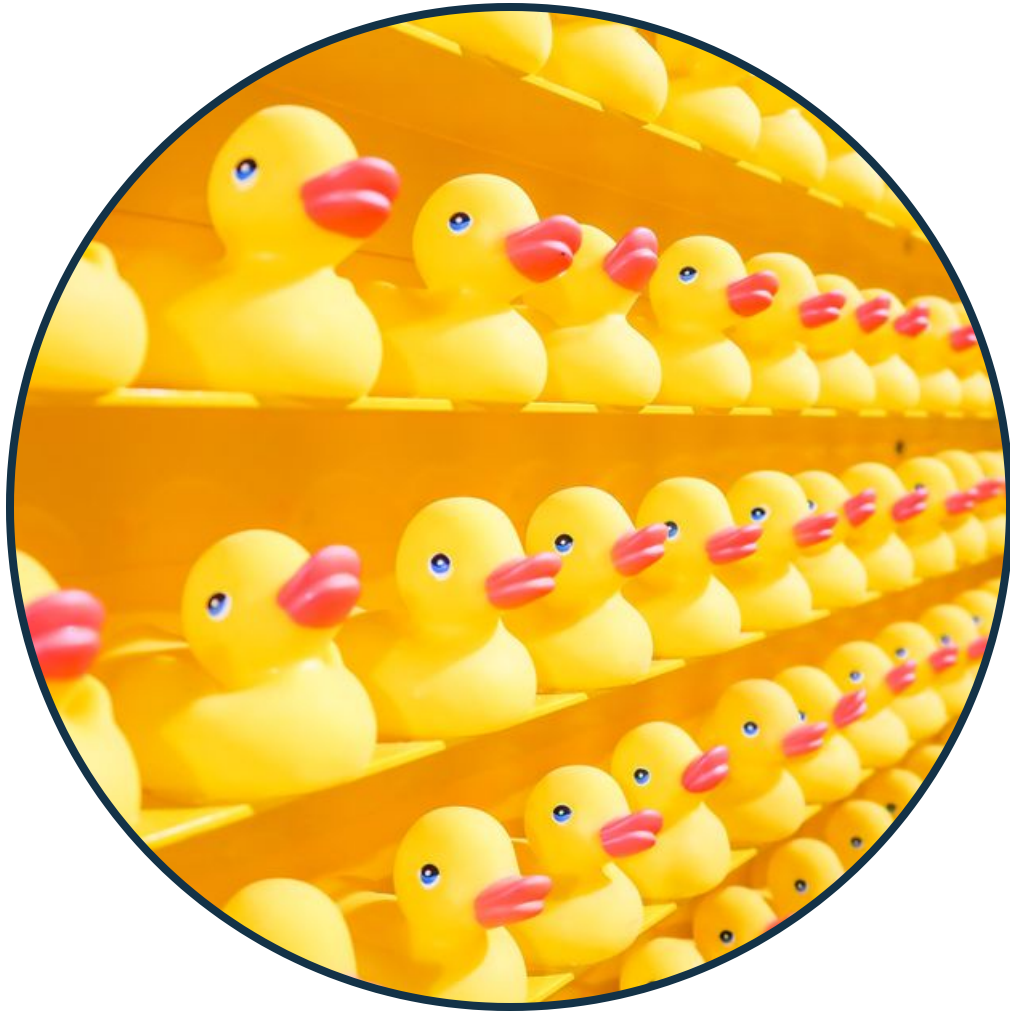
---



**Chalk up  
accomplishments to  
being a “fluke”, “no big  
deal” or the fact that  
people like you?**

# Do You...?

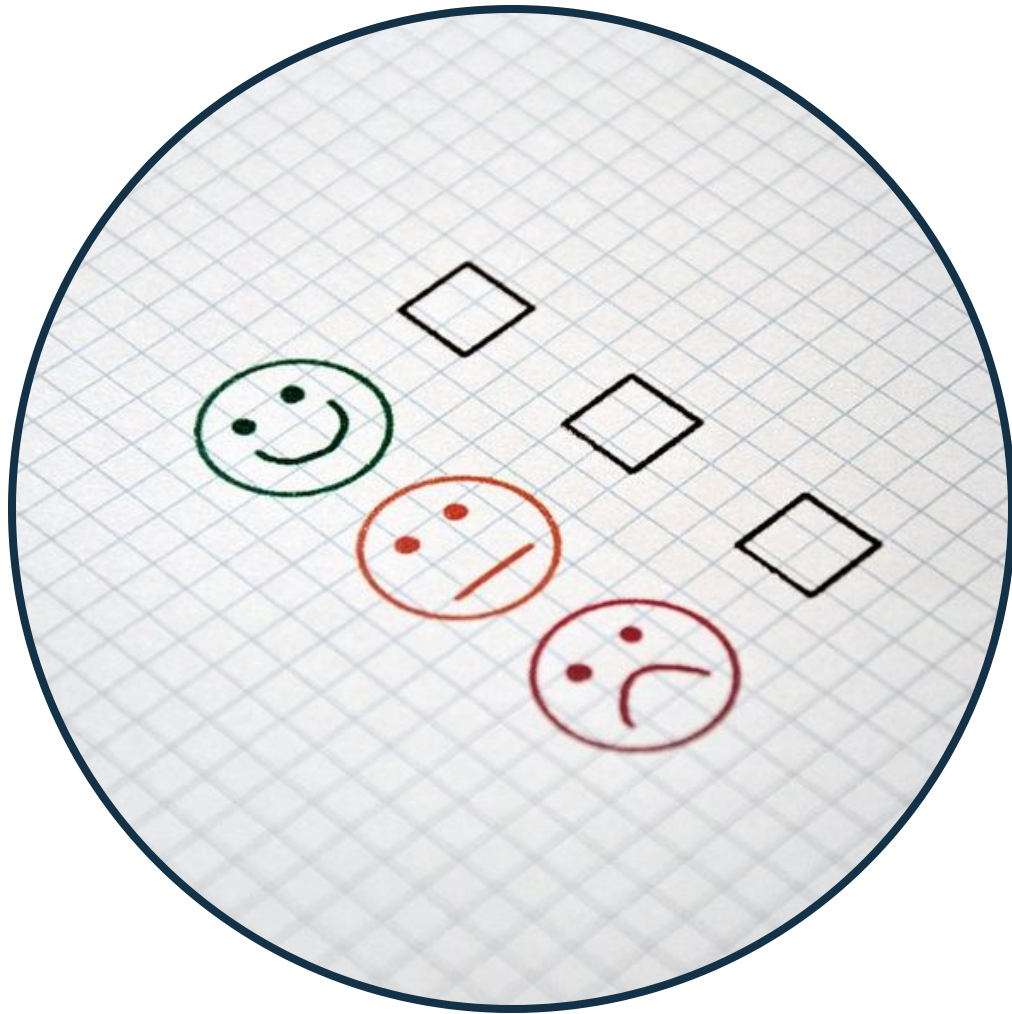
---



**Hate making a mistake,  
being less than fully  
prepared or not doing  
things perfectly?**

# Do You...?

---



**Feel crushed by even  
constructive criticism,  
seeing it as evidence of  
your “ineptness?”**

# Do You...?

---



**Think, “Phew, I fooled  
'em this time” when you  
succeed?**



# Do You...?

---



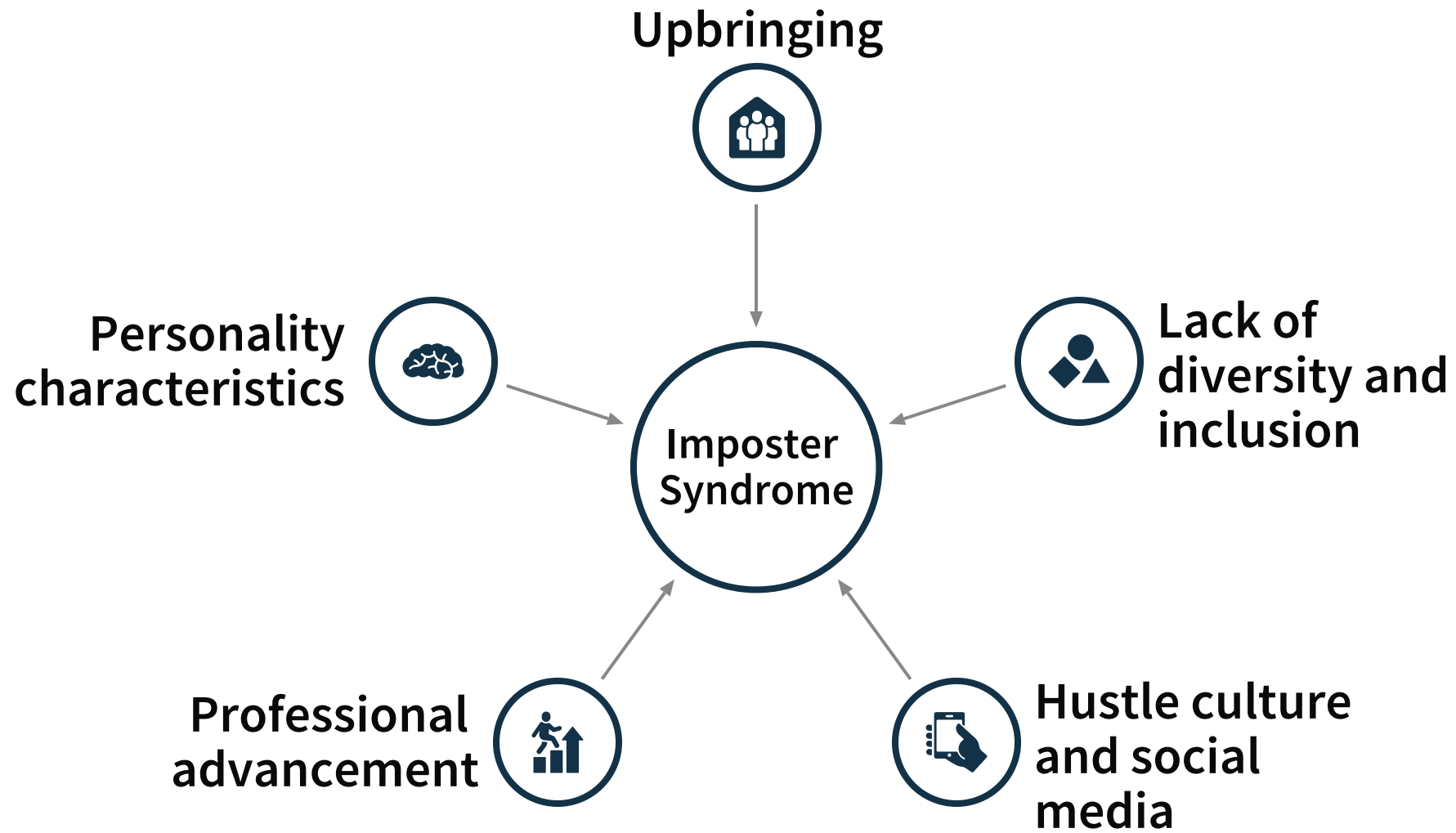
**Believe that others are  
smarter and more  
capable than you are?**

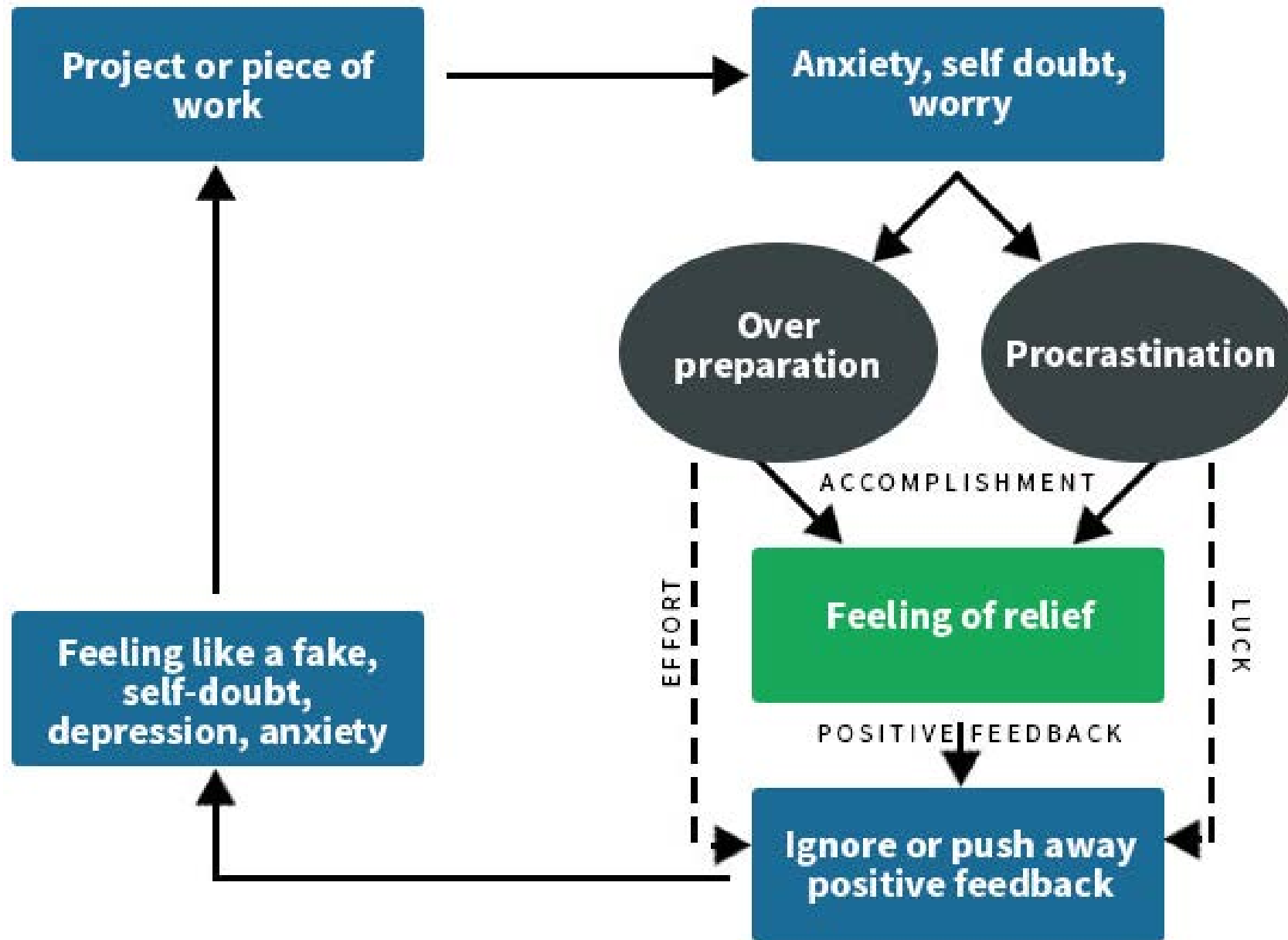
# Do You...?

---



**Live in fear of being found  
out, discovered,  
unmasked?**







Reframe It  
Name It  
Claim it

# Reframe It

Reframe unhelpful thoughts

# Name It

Name your achievements

# Claim it

Claim praise



# Reframe It



# Reframe It

---



**I can't do anything right.**



**When have I been successful in the past?**



**New thought, positive outlook and lower stress**

**REPLACE THIS**

**If I speak up, everyone will  
laugh at me.**

**WITH THIS**

**It's an opportunity to use my  
voice.**



**REPLACE THIS**

**I made a mistake and ruined everything.**

**WITH THIS**

**I learned a valuable lesson and can do better next time.**

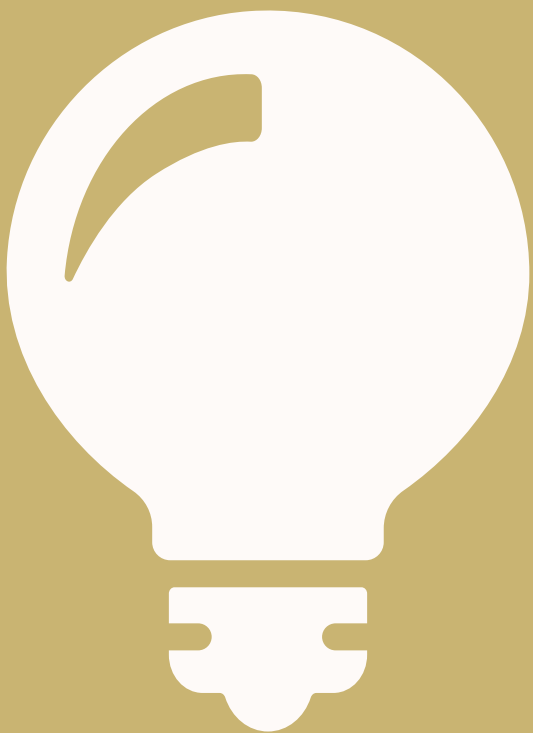
**REPLACE THIS**

**I should know more by now.**

**WITH THIS**

**I'm not the best, yet, but look how far I've come in the last year.**





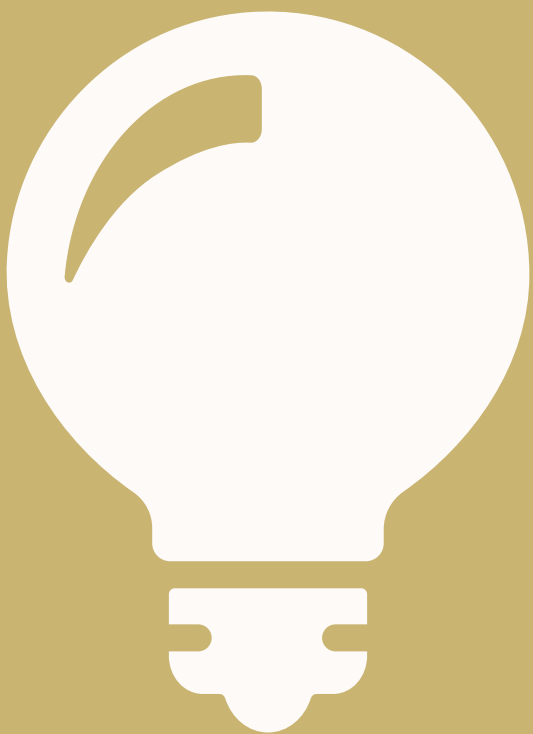
Name It











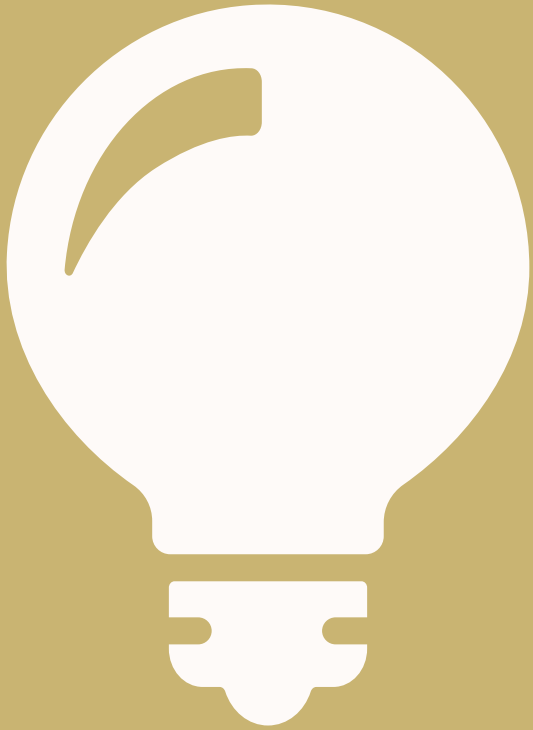
Claim It











A black dog with white paws and chest, wearing a red cape, is captured mid-jump in a grassy field. The dog is looking directly at the camera with a focused expression. The background is a soft-focus green field with some dry leaves and branches in the foreground.

Turn your  
imposter syndrome  
into your  
secret superpower



# **Flourishing Happiness Engagement**







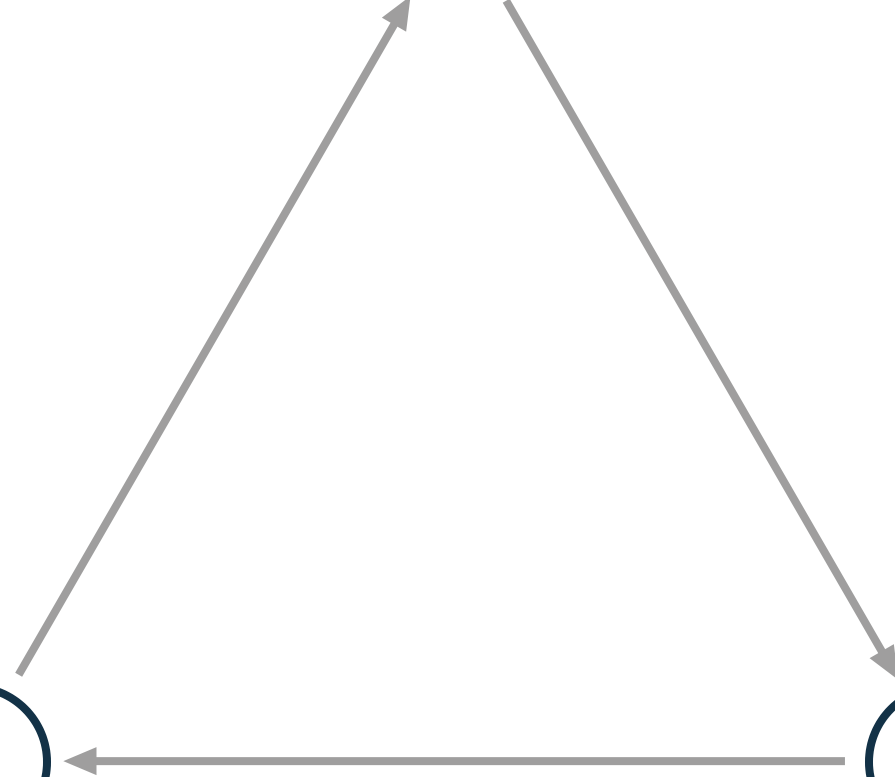
**Take different action**



**Feel more  
confident**



**Get better  
results**





You're invited...

---



*Welcome to*

# THE HAVEN

a home for sensitive high achievers

*Melody*  
WILDING

A close-up, high-angle shot of a person's hands typing on a silver laptop keyboard. The person is wearing a green sleeve and several gold rings. The laptop is on a white desk. To the left of the laptop, there is a clear plastic stapler and a gold-colored paper weight. Behind the laptop, there is a gold-colored geometric object and a notebook with colorful drawings. The background is blurred.

[melodywilding.com/mcnairumd](https://melodywilding.com/mcnairumd)



**Feedback**

Name \_\_\_\_\_

Email \_\_\_\_\_

1. The most valuable idea and how I'll apply it

---

---

2. One suggestion to make Melody's presentation better

---

---

teaching with Melody

**Please fill out the  
feedback form!**