

Speak Up Shortcuts

How you talk to yourself matters, and imposter syndrome—feeling like you’re incompetent, or a fake and a fraud—can be one of the biggest blockers to pursuing what’s right for you. You can start changing your inner dialogue and how you speak to yourself this very minute.

IMPOSTER SYNDROME SOUNDS LIKE . . .

I have no idea what I’m doing.

I need to do things correctly.

I have to wait for the perfect timing.

I have to make sure it’s okay before proceeding.

I’ll look like I don’t know what I’m doing.

I have to work hard at all times to prove I’m good enough.

I always need to be doing more.

GIVING YOURSELF PERMISSION SOUNDS LIKE . . .

→ I’ll go for it and see what happens.

→ I can find a way that works for me.

→ I know I’ll never be 100 percent ready, and I have to act anyway.

→ I’ll move ahead with my plan unless otherwise specified.

→ I won’t know everything, so it’s wise to ask for help when I need it.

→ I value that the things that come easy to me are my strengths.

→ I can do less, but better.