

The Easy Fix For Impostor Syndrome

HOW TO FEEL LIKE YOU BELONG ANYWHERE

THESE QUESTIONS LOOSEN THE GRIP THAT IMPOSTOR SYNDROME HAS ON YOU - ANSWER THEM BEFORE AND EVENT, OR AFTER WHEN YOU'RE REFLECTING ON HOW IT WENT. SAY YOUR ANSWERS OUT LOUD TO GET THE MOST OUT OF THE EXERCISE.

DO THIS FIRST:

DECLARE HOW YOU FEEL.

"They won't take me seriously," "I don't belong here," "I feel like a fraud..." Whatever it is - declare it. Out loud. Listen to yourself say it. Sit with it for a second. Acknowledge that it's a thought. "I'm thinking the thought that _____."

BEFORE DOING ANY OF THESE ACTIVITIES, ASK YOURSELF THESE QUESTIONS...

MEETINGS

- How DO I belong here?
- What if *they* feel like impostors?
- What are two good things about feeling like an impostor right now?
- How am I completely qualified to be here?

CLIENT CONSULTATIONS

- What if I'm not an impostor?
- How am I exactly who they need to talk to right now?
- What qualities do I have that are perfect for them?
- How can I help this person?

ATTENDING A CONFERENCE/CLASS

- What if I AM an impostor? So what?
- How many people feel like impostors here?
- What if everyone here belongs together (including me)?
- Do I have to know every answer? Is it okay to say 'I don't know'?

SENDING CORRESPONDENCE

- What do I honestly want to say in this correspondence?
- What am I most afraid of happening when I send it?
- Can I forgive myself if that happens?
- What if this person is happy to hear from me?

REMEMBER...

You're not alone

You don't have to wait until you're 100% qualified to stop impostor syndrome. In fact, impostor syndrome has nothing to do with qualifications. The more open you are about feeling like an impostor and the more you genuinely question it, the less of a grip it will have on you. You'll confidently feel like you belong in no time. Remember - Everyone feels this way at some point (whether they admit it or not). It's human nature.

And feeling this way doesn't have to stop you.

WANT TO BANISH IMPOSTOR SYNDROME FOREVER? [SCHEDULE A FREE CONSULTATION HERE](https://www.andreahansoncoaching.com)
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