

THE IMPOSTER SYNDROME

Here's how to overcome this negative psychological pattern affecting nearly 3 in 4 people

1

NORMALIZE IMPOSTER FEELINGS

Nobody knows everything and it's perfectly normal to experience feelings of discontent and self doubt. An estimated 70% of the U.S. population has experienced imposter syndrome.

2

UNDERSTAND THE ROLE YOU'VE PLAYED IN YOUR OWN SUCCESS (AND ACCEPT IT!)

If you find yourself challenging the worthiness of your accomplishments, take a few minutes to actually write down what you've done to get to where you are now.

4

FOCUS ON CREATING VALUE INSTEAD OF COMPARING YOURSELF TO OTHERS

Instead of focusing on others, focus on what is actually within your control and the value that you bring.

3

GET FEEDBACK FROM THOSE YOU **TRUST**

If imposter syndrome is striking at a time of career change, it can be helpful to get feedback to give yourself the confidence boost needed to kick-start your success in a new role.

5

APPRECIATE THAT WITH A NEW ROLE COMES A LOT OF **UNKNOWN**S

Instead of focusing on what you are doing (as progress can be slow until you've ramped up) focus on what you are learning and visualize that progress

6

STRIVE FOR **PERSONAL** **DEVELOPMENT** RATHER THAN PERFECTION

The pursuit of perfection can leave individuals viewing accomplishments as black or white, having either won or lost, succeeded or failed. In reality, accomplishments are never that clear-cut.

Looking to take it to the
next level?

