

Seven Steps to Overcoming Imposter Syndrome

The way to reframe is always in repetition, it has taken a long time to build the beliefs you currently hold; this is about reframing your thinking and building a new belief. The more you complete the process the easier and faster you change your beliefs and overcome overwhelm.

IDENTIFY YOUR "I AM" STATEMENTS

We all have "I am" statements. Understanding these will give you a good anchor for when you are being "triggered"



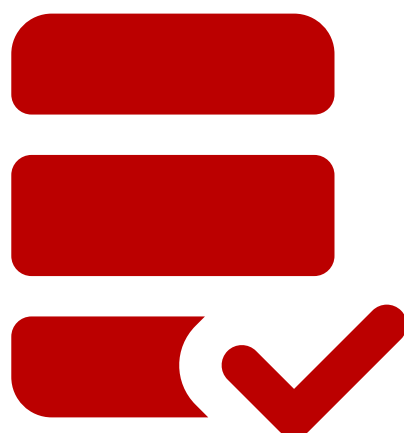
UNDERSTAND WHAT'S HAPPENING AND WHAT HAVE YOU MADE IT MEAN



What is happening? What is your imposter saying? which are fact-based and which are emotions. For example, I didn't hit the target (fact) because I can't sell (emotions).

ACKNOWLEDGE WHAT'S HAPPENING AND HOW IT'S MAKING YOU FEEL

Review the above list and look at which are facts, and which are feelings? What would your life be like if you didn't hold this belief?



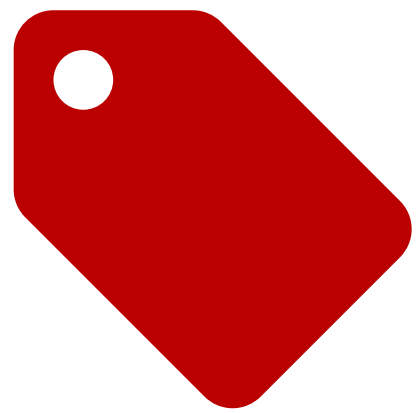


CREATE YOUR BIG ME UP BOOK

Create a book where you capture all the things you are good and and record everyone who thanked you for your impact

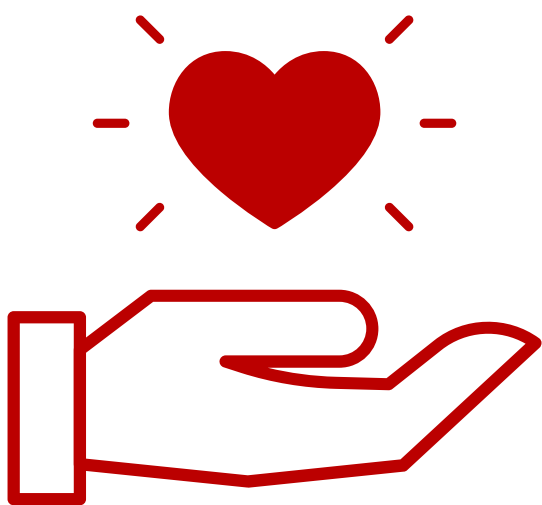
IDENTIFY WHAT LABELS YOU ARE USING AND HOW ARE THEY SERVING YOU

Reflect on the language you are using, what labels are you putting on yourself? For example, I am an author (no positive or negative addition – not I am a good or bad author)



BORROW OTHER'S BELIEFS IN YOUR CAPABILITIES

Look at who has given you the opportunity? Do you know, like and trust them? Do you respect their opinion in other circumstances? Borrow their belief in you and work at delivering what they know you can.



CREATE YOUR THRIVE HIVE

Identify the 4 or 5 people who are in your corner and you can go to for advise and support. Ranging from the ones that will give you tough love to those who will give you tea and sympathy to help you succeed

