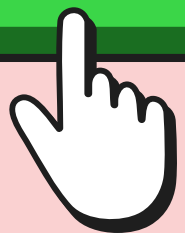


# FREE YOURSELF FROM IMPOSTOR FEELINGS

## IDENTITY STATEMENTS VS PREFERENCES

Change the statements you tell yourself from identity statements to statements of preference. This way you can see that you feel disgruntled because your preferences are not being met but can put in an action plan to meet them over time. These preferences can be met with effort, practice and persistence.

**MAKE PLAN**



For example, I prefer things to be done at ease and when they feel hard I know I need time to learn how to do it and ask for support & training.

I AM A PERFECTIONIST -----> I PREFER THINGS TO BE DONE TO A HIGH STANDARD  
I HAVE TO BE RIGHT -----> I PREFER WHEN I GET TO A RIGHT ANSWER  
I HAVE TO DO IT BY MYSELF -----> I PREFER TO DO THINGS ALONE IF I CAN  
I HAVE TO BE AN EXPERT -----> I PREFER TO BE VERY KNOWLEDGABLE

## VALUE THE PROCESS

**A** Value the process and the journey rather than just the outcome.

For example, if you are managing someone new value the process of learning how to manage them to their preferences, the journey of building rapport with them and the time it takes to help them develop and grow through teaching them.

## MISTAKES ARE NORMAL

Mistakes are normal and help us learn. A mistake is fine so long as you don't keep making the same mistake.

Questions you can reflect on when a mistake is made:

- What would I have done differently if I could do it again?
- What have I learnt in the process?
- What do I know not to do again?

## CELEBRATE YOURSELF

Take a moment to stop and reflect on how far you've already come and what you have learnt and achieved so far.

## FLEXIBILITY & ADJUSTING

Goals, development strategies and direction all have the ability to be adjusted and flexible as time goes on.

Think of it like a sail boat: when the wind blows you need to adjust the sails accordingly to stay on course.



## MIND YOUR LANGUAGE

The way you talk to yourself will either empower you or disempower you.

Self diminishing language can sound like: "I won't be able to do it", "My opinion doesn't matter", "My experience isn't worth sharing" or "I don't belong here" Instead try saying affirmations like this:

**MY OPINION IS VALUABLE & INTERESTING**

**I CAN DO THIS AND I ACCEPT HELP FROM OTHERS TO LEARN**

**BY SPEAKING UP I AM ADDING SOMETHING TO THE CONVERSATION**

## SPOT YOUR TRIGGERS



**Time:** Not being able to do something at ease or quickly



**People:** Certain people make you feel panicked, shy or incompetent



**Milestones:** Not achieving something by a certain age or date

## ATTRIBUTE SUCCESS TO YOU



Try writing an empowerment diary of all the tasks, conversations and projects you have had which have been successful because of YOU.

Build a bank of success stories to re-read to remind yourself of all the times you have been great and to remind yourself you can do hard things.