

IMPOSTER BUSTER

01

Talk to your friends

By talking to your friends, you will undoubtedly discover that you're not the only one feeling like this – and seeing your friends talk about their imposter feelings will show you how ridiculous they are. With evidence, make a list of the things you don't feel your doing well enough in. Get three friends to do the same. Then write down what you think each of your friends is doing really well at – this could be a quality (eg. 'Your really brave because...') or an achievement (eg. 'You wrote a really inspiring blog which made me take action...'). Take it in turns to read out your lists and celebrate each other's accomplishments.

02

Celebrate your achievements

Write an evidence-based list of your skills and successes. Put a copy of these up somewhere you can see them on a daily basis.

03

Keep positive feedback

Write down any positive feedback given to you in emails, cards or verbally; particularly feedback that gives evidence to support the praise.

On bad days refer back to the list, read through this evidence, and celebrate who you are, what you have already achieved and the positive impact you have had.