

# Overcoming Imposter Syndrome

How to Banish Your Inner Critic and Recognize Your True Worth!



**Course Book**

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# Introduction

All business owners and entrepreneurs have faced challenges, missteps, and the occasional bad decision during their careers. This is a natural part of business life.

Sometimes, these routine setbacks can shake our confidence and create self-doubt. This too, is not uncommon.

But if the sense of unworthiness, self-blame, and negative feelings persist, it's likely you've experienced, or are currently experiencing, imposter syndrome.

Have you ever felt like you're faking your skills, expertise, or talent? Do you worry that customers or associates will 'find you out' and discover you're a fraud? Have you bought into the idea that you haven't earned your success and that it's all just happened by luck, regardless of evidence to the contrary?

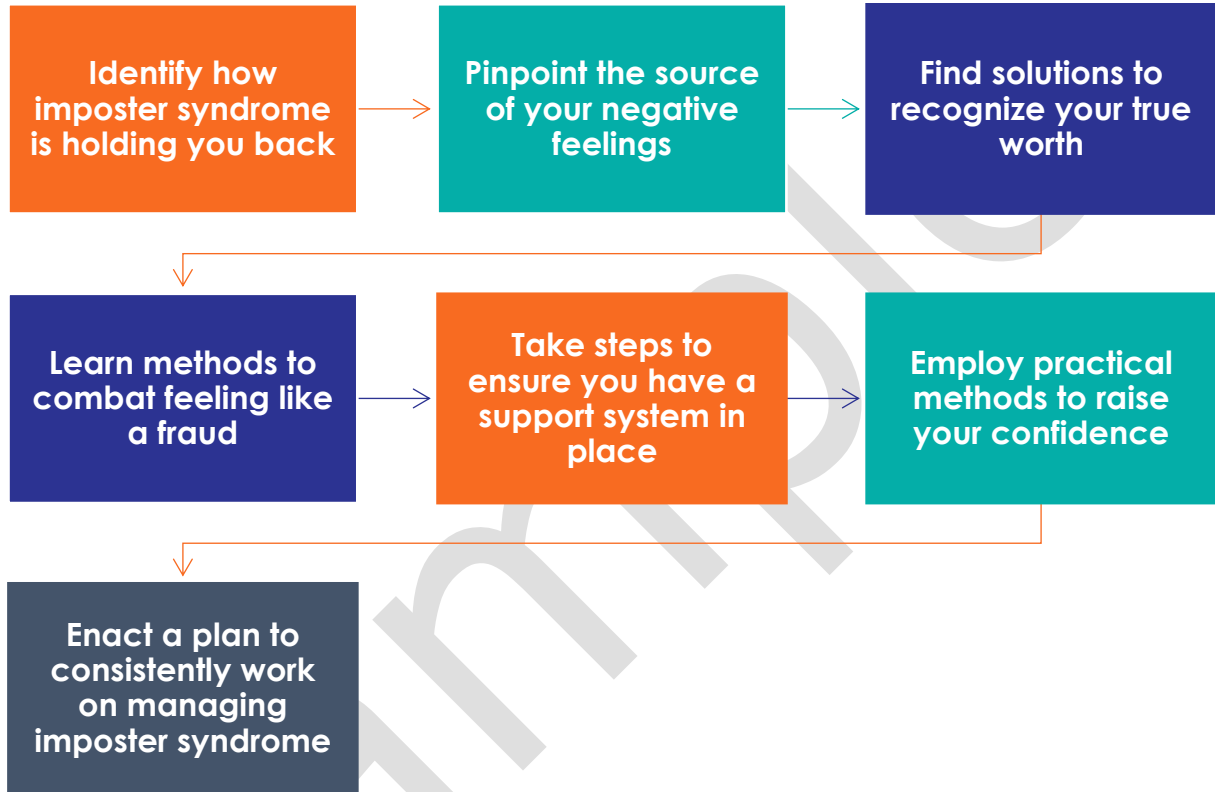
Questioning your ability can eat away at your confidence, limit your opportunities, and leave you exhausted. This can have a devastating effect on your business performance and stop you from reaching your potential.

Imposter syndrome does not discriminate. It affects people from all walks of life, at every level of success. And imposter syndrome isn't limited to the workplace. It can stop you from making a major purchase, delivering a speech at your daughter's wedding, running for an elected position, and so on.

The good news is, there are ways to navigate these feelings and enjoy success. In this course, you'll learn how to manage imposter syndrome so that it no longer impedes your progress. You'll discover practical tools to raise your confidence and combat debilitating feelings of unworthiness.

By the end of the course, you'll have an action plan to free yourself from the influence of imposter syndrome and start exploring what life has to offer.

Here is your roadmap through the course:



## Learning Objectives:

By the time you complete this course, you'll be able to:

- Recognize how imposter syndrome is holding you back from achieving your potential in your personal and professional life.
- Pinpoint the source of your negative feelings so that you can free yourself from the past and fully experience the present moment.

- Select solutions to implement immediately that will allow you to recognize your true worth and acknowledge your achievements.
- Explore methods to combat feeling like a fraud, so that you gain confidence, accept imperfection, and feel comfortable taking up space.
- Develop internal resources and put together an external support system so that you receive help when you need it.
- Employ practical methods to raise your confidence so you're in the best position to succeed.
- Create a plan for moving forward and consistently working on overcoming your imposter syndrome every day.
- Consolidate and implement your learning and plan future action steps so you can achieve the goals you set for this course.

This course is broken down into 5 major modules and individual lessons to take you step-by-step through the process of reducing the effects of imposter syndrome on your life.

The modules follow a logical order, so while you can skip around if you want, it's best to work through them one at a time.

As you go through each module, use your Action Guide to help you complete the Action Steps at the end of each.

## **Action Steps:**

Before we start the course, take a minute to think about what you want to get out of it.

In the Action Guide, write down three skills you expect to gain.

Now that you're clear about what you want this course to deliver, we can get started.

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# Module 1 – What is Imposter Syndrome?

Many business owners and entrepreneurs experience feelings of imposter syndrome.

In this first module, you'll identify where imposter syndrome is showing up in your life. You'll also pinpoint the source of your negative feelings, so that you can free yourself from the past and fully embrace the present.

- **Lesson 1: How Imposter Syndrome Holds You Back**
- **Lesson 2: Where Imposter Syndrome Comes From**

# Lesson 1: How Imposter Syndrome Holds You Back

## Learning Objective:

Recognize how imposter syndrome is holding you back from achieving your potential in your personal and professional life.

First described in the 1970s by psychologists Suzanne Imes, PhD and Pauline Rose Clance, PhD, imposter syndrome involves:

**A feeling that success and achievements are due to luck rather than ability**

**A fear that others will eventually unmask you as a fraud**

- A feeling that success and achievements are due to luck rather than ability
- A fear that others will eventually unmask you as a fraud

Imes and Clance thought this phenomenon was unique to women, and it's certainly a common experience among high-achieving women including former first lady Michelle Obama, tennis champion Serena Williams, and Facebook CEO Sheryl Sandberg. But later research has shown that men, too, can experience imposter syndrome.

These feelings can happen to anyone, in business and in the home, although it's especially common in the workplace. Entrepreneurs are one of the



**ATTENTION:**

This is only an excerpt from our full course **Overcoming Imposter Syndrome**. The full, customizable course contains 5 major modules and Action Steps.

When you purchase a license for the course, you'll receive the editable files for the Course Book, Action Guide, graphics, social posts, and other resources.

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