

## IMPOSTER BUSTING STRATEGIES



**Realize that imposter feelings are normal:** Most people have imposter feelings from time to time. It's normal to question yourself. Everyone really does do it.

**Know your imposter moments:** Everyone has certain triggers. Do you know yours? Reflect on the times when you felt the imposter feelings. Identify the patterns because now you know what to look for and how to prepare.

**Objective standards of success:** Before you start a project or task, write down how you would define success for this instance, and leave the goalpost there. Don't change it again. This will encourage you to stay focused and avoid changing goalposts later on.

**Setting realistic standards:** Set goals and standards that are truly realistic. You know yourself better than anyone else. Be honest and ask yourself what you can really do/accomplish. If you set outrageous standards and goals, you're setting yourself up for failure. It's the perfect recipe for avoidance.

**Prepare for mistakes:** Mistakes often bring about imposter feelings, however, mistakes are inevitable. Therefore, it's a good idea to prepare yourself. Give yourself space to be annoyed, but let yourself problem solve and figure out what to do next.

**Mind your language:** What are the facts? It's easy to get caught up in your own head. Was it just good luck? Or did you work hard? Did others do all the work? What was your contribution? Ask yourself what evidence you have for the thoughts swirling around in your mind.

Rather than saying it was good luck or that it was nothing, say thanks.

**Get external evidence:** Rather than just relying on your own opinions, seek out the evidence by talking to others. Be like Sherlock Holmes and collect all the facts.

**Create a fact file:** Write down the facts that are often important to remember when facing imposter feelings. It can be hard to remember the facts when you need them the most, so start now, and keep adding to it. Bring them forward whenever you are experiencing an "imposter moment".

**Create a brag file:** Keep a record of your achievements and positive feedback to remind yourself and reflect on.

**Remember you are in charge:** Even though these feelings are very compelling, they are just feelings, not facts.