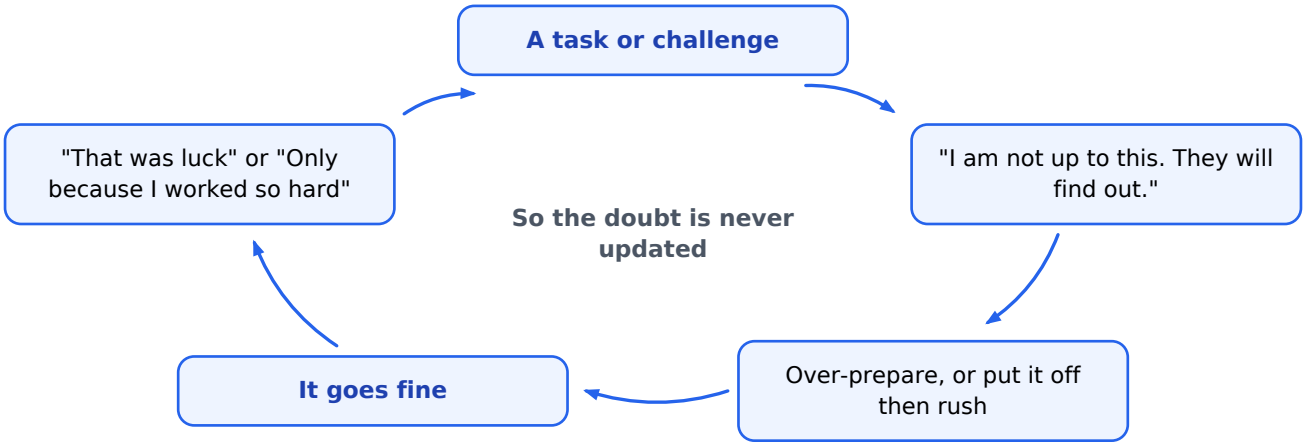
Imposter feelings

Feeling like a fraud who is about to be found out.

Name _____ Date _____

Many capable people privately believe they are not as good as others think, that their success is down to luck, and that sooner or later they will be exposed. It is especially common at times of change: a new job, a promotion, a course.



What keeps it going

- Success is put down to luck, effort or charm. Never to ability.
- Mistakes are counted. Achievements are not.
- Comparing your inner doubt with other people's outward confidence.
- Never asking for help, in case it gives you away.

Testing it

A role or area where I feel like a fraud

Evidence that I am not up to it

Evidence that I am

Qualifications, feedback, results, things I have handled

If a colleague had my record, what would I conclude about them?

One thing I could do differently: prepare a normal amount, ask a question, or own one success out loud

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