



WELLBEING WARRIORS

SMART BUSY WOMEN IMPROVING
THEIR WELLBEING ONE BITE AT A TIME

STRONG BODY • KIND HEART • FIERCE MIND • BRAVE SPIRIT

~ Imposter Syndrome ~ Worksheet – May 2020

Hey hey, Sugarplum.

Answer the below as your first step of self-awareness in this area before the tutorial.

No editing or judging your answers – whatever comes up is just perfect.

1. **Do you sometimes feel like everyone in the room has it all together, but you don't?**

2. **Do you ever get a creeping sensation that you are out of your depth and about to be “found out”?**

3. What sort of situations bring up these feelings?

4. Would you class yourself as a high achiever?

5. Do you sometimes feel reticent to speak up in case it shows you don't know what you are talking about? When?

6. Do you sometimes feel reluctant to ask for help? When? Why?

7. In which situations have you felt like a bit of a fraud?

8. Who do you most compare yourself to? How do you measure up?

9. When and where do you feel absolutely in control, competent and confident in your ability?

10. What are your three greatest accomplishments?

11. What was the key to these accomplishments happening?

12. What are the three best compliments you have been given personally?

13. What are the three best compliments you have been given professionally?

Good work, you!

Now, go dive into the Imposter Syndrome tutorial and connect with your teaching principles and tools for the month – your answers above will be super useful as you work through and apply the learning.

Onwards!

