



Getting Over the Imposter Syndrome

1. The situation(s) where I often feel like an imposter is (be as specific as possible)

2. By getting over the Imposter Syndrome, I would be able to (How would it make you feel? What could you achieve? Why is that important to you?)

3. Keeping in mind the 7 Steps to Silencing the Syndrome, the specific steps I will take to address my situation are
