

Are you (really) an imposter?

“Do you want to stop feeling like an imposter? Then you need to stop thinking like an imposter.”

DR. VALERIE YOUNG

IF YOU THINK...	REPLACE IT WITH...
“I’ve just been super lucky.”	“I’ve had the grit, knowledge, experience, and good sense to capture some incredible opportunities.”
“I’m a total fraud. I don’t belong here.”	“This feels like imposter syndrome creeping in. It’s a feeling, not a fact. The fact is, I’m just nervous about fitting in or saying the wrong thing. It’s not because I’m underqualified or faking it—it’s because I really want to impress these people. I need to remember that over 70% of the population experience imposter syndrome—and there’s a good chance most of them are in this room!”
“Holy cow. Everyone here is a badass ...and I’m not.”	“Holy cow. Everyone here is a badass. This is going to be awesome.”
“I don’t deserve to be recognized for these accomplishments.”	“Being recognized by others is a sign of esteem and respect for the value I bring to the world. While I may always feel that I could or should bring something more, I can recognize the value of what I have done so far, and I am honored it has touched others in this way.”
“If nothing I do is good enough for me, why should it be good enough for someone else?”	“I care deeply about the quality of my work. Making mistakes isn’t a reflection of my lack of ability. It’s a



	reflection of my willingness to keep improving—and to never give up on what’s possible. After all, it’s not what everyone else thinks that matters. It’s about achieving the outcomes I want for the work I do.”
“Asking for help is a sure sign I don’t have all the answers—which means I don’t know what I’m doing (and everyone will know it).”	“I’ve always figured things out on my own, even if it took a long time. And asking questions and seeking help is actually a smart, efficient way to learn. I recognize that thinking I know everything is a sure sign I don’t. And I have just as much right as the next person to be wrong, have an off day, or need some extra guidance.”
“I’m not ready to put myself out there. I need more time/certifications/experience first.”	“I’m as ready as I’ll ever be—and I’m not going to rob myself of an experience I can only get by putting myself out there. Confidence comes from taking risks. I trust myself to figure things out as I go.”
“I feel like I’ve been fooling everyone for years. One day, the word will get out.”	“Ah, Imposter Phenom, my dear old friend, welcome back. Have a seat, and watch me prove you wrong.”

CREDITS + RESOURCES

ARTICLES

- From the American Psychological Association: [Feel like a fraud?](#)
- From Forbes Magazine: [Imposter Syndrome -- Why It's Harder Today Than Ever](#)
- From the New York Times: [Learning to Deal With the Impostor Syndrome:](#)
- From Valerie Young: [10 Steps You Can Use to Overcome Impostor Syndrome](#)
- From Medical News Today: [How to handle impostor syndrome](#)



VIDEOS

- TED Talk by Elizabeth Cox: [What is imposter syndrome and how can you combat it?](#)
- TED Talk by Mike Cannon-Brookes: [How you can use impostor syndrome to your benefit](#)
- [Thinking your way out of imposter syndrome | Valerie Young](#) (edited)