

Employee Resources:



Employee Resources:

Worksheet to Combat Imposter Syndrome

What is this for?: Imposter syndrome is that nagging voice of self-doubt. It's the belief that you're not truly qualified, that you don't belong, and that any minute now someone's going to "find you out." This is a worksheet that will help you get clarity on where that voice and these feelings are coming from, and help you to build your inner confidence and move past those feelings.

How to use: Make a copy of this document and customize it to your needs. Come back to this any time you're feeling Imposter Syndrome, and that you don't deserve the opportunity you find yourself in.

Set your intentions and space: Go to a space you feel comfortable and open to brainstorming and being honest with yourself. You may want to take a walk first to think freely and openly before sitting down to document your thoughts.

Journal prompts to explore your current feelings

What's triggering my self-doubt right now?

How have others described my strengths, skills, or impact?

What story am I telling myself about why I *can't* succeed, and is it true?



If I shared these feelings with a trusted mentor or colleague, how might they respond? Would they agree, or would they see me differently?

Moving past your feelings of Imposter Syndrome

Even if I don't feel like the "expert," what strengths can I bring to this situation? (Energy, curiosity, creativity, perspective?)

List 3 challenges you've overcome in the past year. What helped you push through - and how can you apply those lessons now?

Name 3 people in your support system who believe in you. Who could you reach out to for encouragement or perspective?

Commit to your next steps

- Choose one person to reach out to and share how you're feeling.
- Pick one area where practice or preparation can build your confidence, and commit time to it this week.

Breaking free from imposter syndrome isn't about never feeling it again - it's about recognizing it, reframing it, and reminding yourself (and each other) that you already belong where you are.

[Click here to schedule time](#) with an expert to build your career confidence