

# OVERCOMING IMPOSTER SYNDROME *Workbook*






# WELCOME Beautiful

Hey Sis, if you've ever felt like you're not good enough, like you're faking your way through life, studies, work, relationships etc - like someone's going to "find you out" - then you're not alone. That feeling? It's called **Imposter Syndrome**.

And guess what? It lies. It lies every day to amazing, capable, powerful women like you. But not anymore.

This guide is here to help you see yourself clearly and OWN your magic! ✨

**Imposter Syndrome?** We don't claim her!

 Mini Self-Awareness Task (Circle all that apply to you):

- I downplay my achievements.
- I think I got lucky, not skilled.
- I avoid going for new opportunities.
- I compare myself constantly.
- I fear being "found out" as a fraud.






# OKAY, LET'S CHECK-IN



Let's get real for a sec. How does **Imposter Syndrome** really show up in your life? **There's no shame here, just truth.**

Use this page to check in with yourself and identify what's really going on.

 Part 1: Finish the Sentence - Write the first thing that comes to mind. No filters, no judgment, just honesty.

- When someone compliments me, I usually say:

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- I feel most confident when:

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- I feel like an imposter when:

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- My biggest fear about success is:

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- I want to believe I'm:

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**B** Part 2: **Imposter Syndrome** Bingo - Tick the boxes that feel familiar

- ☐ I don't apply unless I meet 100% of the criteria
- ☐ I feel guilty when I succeed
- ☐ I think my success is just luck
- ☐ I struggle to accept a compliment
- ☐ I assume others are more qualified than me



# UNDERSTANDING THE ROOTS

“Where did this even come from?”

**Imposter Syndrome** often comes from:

- High expectations (your own or others’)
- Perfectionism
- Fear of failure or rejection
- Lack of representation
- Comparing your behind-the-scenes to someone else’s highlight reel

## Mini Reflection Journal Prompt Task

When was the first time you remember doubting your success or talents?

Write 3-5 sentences describing that moment. (What were you feeling? Who was there? What would you say to your younger self now?)

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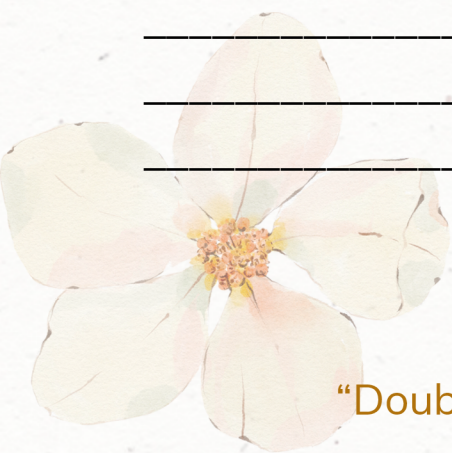
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“Doubt kills more dreams than failure ever will”



# REWRITING THE STORY



Let's change the script.

You don't have to believe every thought you think. Our brains are wired to protect us, not empower us, but you can train your inner voice to become your biggest hype girl instead of your biggest critic.

## ✓ Mini 'Flip the Script' Task

Write down 3 negative thoughts you've had recently and then rewrite them as affirming truths.

Example:

✗ "I'm not smart enough for this job."

✓ "I'm learning and growing every day, I belong here."

Your turn:

✗ _____	✓ _____
✗ _____	✓ _____
✗ _____	✓ _____



"Talk to yourself like you would to someone you love." - Brené Brown



# STEPPING INTO CONFIDENCE 🪜

Practice makes powerful.

Confidence is not something you're born with - it's developed. The more you take risks, celebrate wins and surround yourself with supportive people, the more you strengthen your confidence muscles.

Mini Confidence Builder Task: Pick 3 to try this week:

- Compliment yourself in the mirror (out loud!)
- Say “thank you” instead of brushing off a compliment
- Share a win on social media or with a friend
- Try something new - even if it scares you
- Share your voice in a meeting/class/group setting



“She remembered who she was and the game changed.” - Lalah Delia



# YOU'VE GOT THIS, KEEP GROWING 🌟😊

Be proud of how far you have come.

This guide is not about fixing you, it's about revealing **you**. That confident, capable woman has always been there. Every time you name your **imposter** thoughts, choose self-compassion and show up anyway, reclaim **your** space.

## ✉️ Mini Letter Writing Task

Write a letter to your future self 1 year from now.

- What do you hope she is proud of?
- What kind of people is she surrounded by?
- What dreams has she gone after?



“There is no force more powerful than a woman determined to rise.” – W.E.B. Dubois



# WELL DONE Beautiful !

You've done it, Sis! You've unlocked the capable, confident, beautiful woman that you know you are and it's time for her to thrive!

A huge well done to you for getting this far, most people download free content and don't do anything with it. But you have taken the first key step to overcoming your challenges and owning your magic ✨

You're on your way to an imposter syndrome free zone. At Phoenix Thrive we understand there are multiple ways to reduce those imposter thoughts and that's why we offer a range of methods in our Thrivers Space.

Click [here](#) to learn more and join our growing community of thrivers 💛

