



WHAT IS IMPOSTER SYNDROME?

Redefining What It Means to Think
You're Not Qualified

**IMPOSTER SYNDROME IS
TRADITIONALLY DEFINED AS A
“FEELING OF INADEQUACY” IN
WHICH AN INDIVIDUAL BELIEVES
THAT THEY WILL BE UNCOVERED
AS A FAKE, FRAUD, OR PHONY.**

JARIUS M. EDENS, MED

**INPOSTER SYNDROME IS
MUCH MORE THAN A
FEELING. LET'S ALCHEMIZE
THE MEANING OF
IMPOSTER SYNDROME.**



REDEFINING IPS

Imposter syndrome is a symptom of being undervalued. When an external experience in which your identity, gifts, talents, and skills have been diminished and undervalued, you begin to experience imposter syndrome. The internalization of dismissive actions by others leads you into the space of believing you do not have the wherewithal, capability, nor capacity to fulfill your life's mission and see your dreams vibrantly expand beyond an unrealized dream.

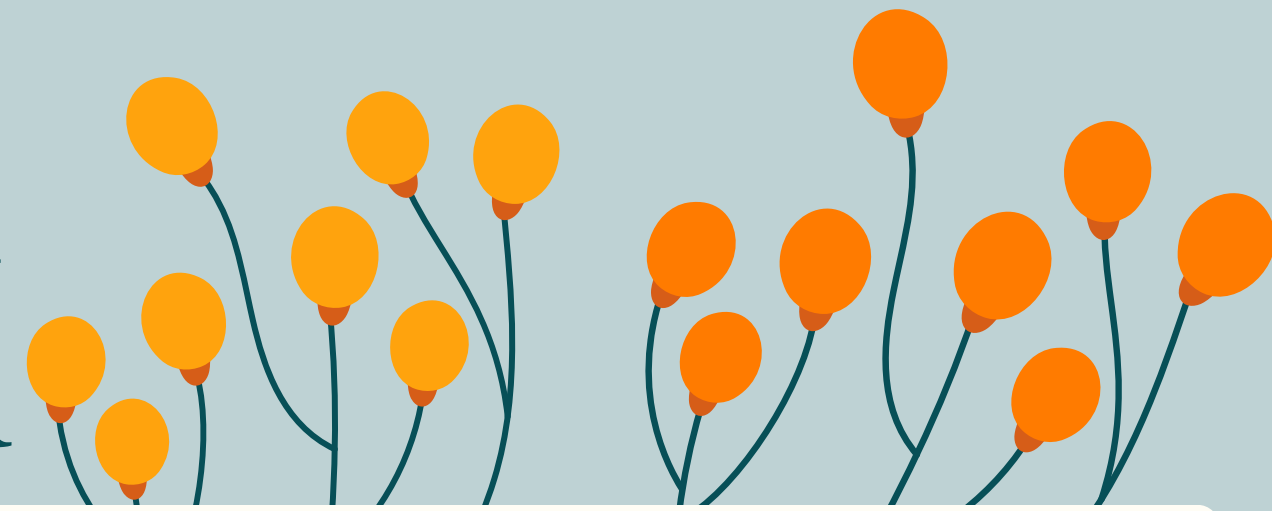
**IMPOSTER SYNDROME DOES NOT
REVEAL THAT SOMETHING IS
MISSING IN YOU; IT REVEALS
THAT SOMETHING IS PRESENT
YET OVERLOOKED AND
UNDervalUED.**

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Imposter syndrome is a fungus of sorts that grows when you are placed in positions of influence and asked to transform withering situations into living and blossoming ones; however, in the same vein, you are dismissed when you express a desire for more (regardless of what the more is).



THE IMPOSTER SYNDROME BLOCK



THE IMPOSTER SYNDROME BLOCK
KEEPS YOU FROM TRYING NEW THINGS.

It is common to feel scared to try something new because you have been overlooked or dismissed in previous experiences. Your nervous system knows that. However, when you want to start something new, it's important to move forward through that fear—small steps at a time.



TURN IMPOSTER SYNDROME INTO IDENTITY AMPLIFICATION



The only way to get rid of the imposter syndrome symptom is to get rid of the root cause.

The root cause is identity devaluation. When someone devalues your identity and strengths, identity devaluation happens.



Identity amplification is the cure. Begin to focus on who you are and how you show up in the world. Choose to be a team leader more than a team player in environments where you are asked to be a “team player” as a means to dismiss the weight of your contribution.

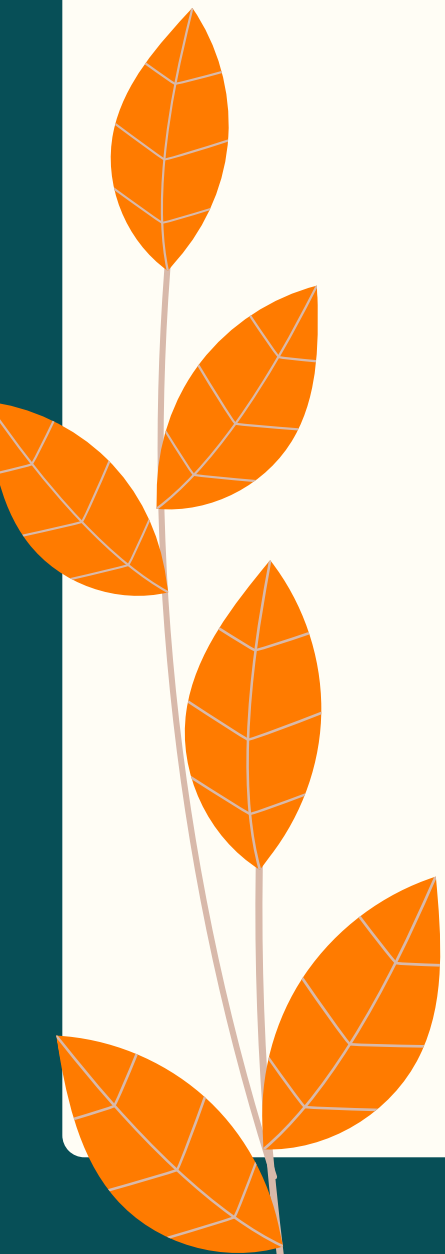
DISSOLVING IMPOSTER SYNDROME



Make a running list of ways you improve the environments you exist within outside of degrees, certifications, and titles

Embody the Power of One. The Power of One is the concept that there is only ONE of you in this world and that alone makes you valuable.

Verbalize and articulate who you are (outside of degrees, certifications, and titles) and use your voice to combat the limiting belief that you not enough as you are





WANT TO CONTINUE THIS
WORK...LET'S DO A PERSONAL
GROWTH SESSION TOGETHER.