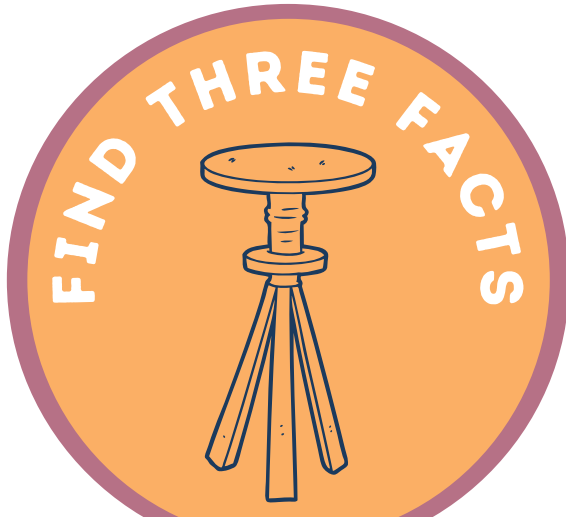


# Four Secret Weapons to Combat IMPOSTER SYNDROME



Do a reality check....

### **FIND THREE FACTS**

to support your negative theory  
- list all the facts about what you  
have positively delivered.



Get comfortable winging it,  
practice it, you will be surprised  
how much you know  
and can do.



Kevin here is the embodiment  
of my inner critic, it is easier to silence  
him than silence me.



Practice accepting compliments.  
When people say nice things,  
just say thank you,  
don't brush it off, don't dismiss it.