SOFTLY STUDIO

8 EXERCISES TO BEAT IMPOSTER SYNDROME



01 - Celebrate Your Achievements

Create a "Win's List", whenever you achieve something, no matter how small, write it down. Review your wins when you're feeling like an imposter to shift your mindset.



02- Self-Reflect and Reframe

Keep a journal for a week, record moments when you doubt yourself. For each doubt, write down a positive, constructive thought to replace it.



03- Positive Affirmations

Write down three positive affirmations about your creative abilities and achievements. Say them out loud to yourself every morning for a week. Need help? Ask a friend what your creative super powers are.



04 - Prepare for the Worst

Choose a situation that triggers imposter syndrome, jot down the worst-case scenario, and a plan to manage it. You may never use the plan, but it'll provide peace of mind and reveal the source of your fear—ask yourself, is it real or imagined?"



05 - Share Your Art

Pick one piece you're proud of and share it on your socials. Engage with your audience and soak up the positive feedback you receive - you deserve it!!



06 - Find Your Crew

Spend time with people who get you, their support and positivity will reflect on you too and grow your confidence.



07 - Be A Creative Cheerleader

Comment and like others work because you never know when someone else might be feeling like an imposter too! Your support could change their mindset.



08 - Learn & Grow

Reflect on the past year: Have you grown or learnt anything new? Likely, yes. Acknowledge these lessons and how they've shaped your creative journey. Embrace this moment as an opportunity for further growth and learning.