



E-BOOK!

IMPOSTER SYNDROME BATTLE ARMOR

The unofficial guide to believing
you are actually good enough

by Leah Orleans

What is Imposter Syndrome?

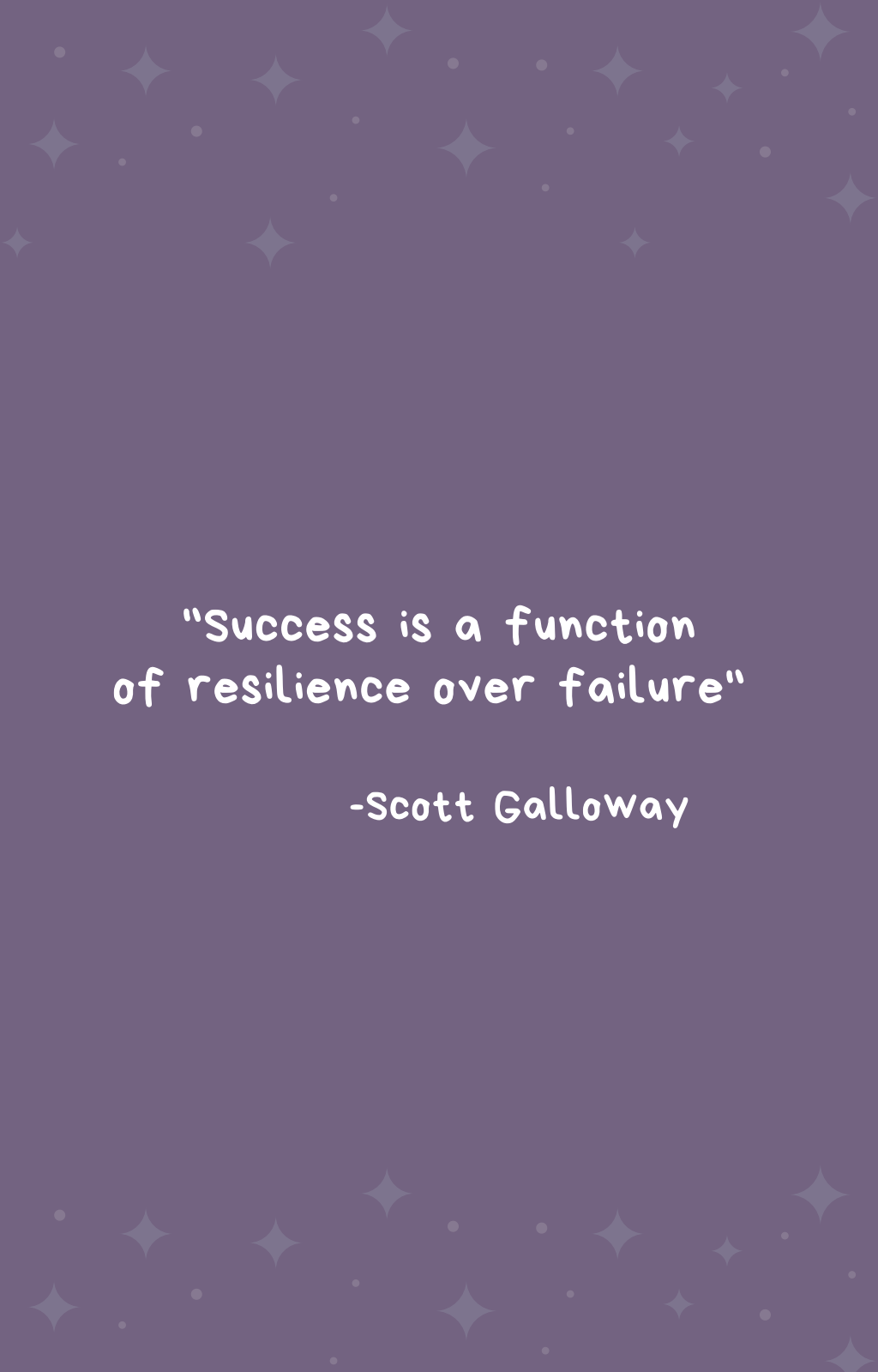
Impostor syndrome refers to an internal experience of believing that you are not as competent as others perceive you to be. While this definition is usually narrowly applied to intelligence and achievement, it has links to perfectionism and the social habits of comparing yourself to others.

How to use this E-book

This book is meant to give you the "Battle Armor" needed to combat the negative thoughts in your head. Piece by piece, take what you find useful. Copy the quotes down onto post-it notes, journals, or even print out pages and post them on your wall!

You may not resonate with everything, and that's okay.

Let the words inspire you & float through the back of your mind as you go about your daily work.

The background is a solid purple color. It is decorated with numerous small, white, four-pointed stars and dots of varying sizes, scattered across the entire surface.

"Success is a function
of resilience over failure"

-Scott Galloway

WHERE DOES IMPOSTER SYNDROME COME FROM?

Part of realizing our potential is recognizing how our particular gifts and limitations fit within the world around us.

Answer these questions for yourself:

What is your relationship to failure?

What does failure mean to you?

What do you say to yourself when you make a mistake?

What does comparing my work to others look like? When is it helpful?

Who do you listen to when you make a mistake? Yourself? A mentor? Friend?

THE CYCLE

Project or Piece of Work

Anxiety, Self Doubt,
Worry, Comparison

Over-
Preparation

Procrastination

Feeling
self doubt,
depression,
anxiety,
like a fake

Accomplishment/
Deadline

Maybe Another Round
of Anxiety, Self Doubt,
Worry, Comparison

Feeling relief, but
convinced it was luck

Ignore or push away
positive feedback

COMPARISON

It's important to be informed by others,
but not defined.

When you are observing someone else's
work, what language do you use?

Do you find yourself considering how
much better/worse someone is compared
to YOU?

I find that when we look at another's work
through the lens of our own, we are
setting a trap for ourself.

Instead of saying to yourself
"Their stuff is so much nicer than mine",
try saying
"Their stuff is so nice because they put a
lot of work into it, and are using high-
quality materials!"

This helps us begin to put language into
WHY high quality work is so good, and
helps us recognize how we can be better
without insulting ourselves in the process.

The only fraudulent
mindset is the belief
that you're not good enough
to show up exactly as you are.

INSIDE MY MIND...

Before I dive into my own pile of pain,
let me clarify --

I have a complicated relationship with
Imposter Syndrome.

There is an important difference between the
pattern of thought that is "Imposter Syndrome"
and truly being aware that you're not prepared
for something.

Imposter syndrome knows no deadline.
It sneaks up months before a due date or
minutes before I walk on stage...or the worst is
after an amazing performance, staring at
myself in the mirror wiping off lipstick and
asking myself, "Was the show REALLY good
though, or were they just clapping to be
polite?"

Imposter syndrome
is a pattern. (see pg. 5)
You blame your
achievements on luck,
have an underlying fear
of being exposed as a
fraud, and it spirals out
into a paralyzing fear
that prevents you from
believing in your
capabilities.



Sometimes, I'm aware that I'm not ready for something -- underprepared for what I'm about to do next. That's a frustrating feeling. It can lead to "Imposter-y" thoughts, but usually when I feel underprepared, I know that I have to log more hours. It's important for me to define the "Truths" before I start to spiral out into the mental abyss.

I ground myself in asking for reassurance.

Phoning a friend or mentor to remind me how far I've come and that I know what I'm doing.

I pick someone that won't question me or play "devils advocate." I want to choose the hype-man (or Hype-Human). Someone who understands my inner voice.

After a pump-up phone call or text exchange, I usually feel better. If not, I write down things they said to help me reaffirm that **my insecurities don't need my attention.**

I was told by a friend and coach, Aaron Bonk, during one of these spiral-moments,

**"The Pessimism is allowed to speak.
It keeps us humble, but
it doesn't get to control us."**

When Imposter
Syndrome Says

Try This
Instead

I don't
belong here



This is such
a cool
opportunity
that I get to be
a part of!

My ___ isn't
good enough
to share



My ___ is exactly
what someone
needs

It's not ready
and will never
be ready



It's time to show it
to my trusted
friends/ mentors
for their honest
opinion, and listen
to them.

I'm not
good enough/
cool enough/
___ enough



I am always growing.
I'm currently the
best
I can be, and my
fear doesn't
change that.

You are Competent,
You are Capable,
You Belong.

ADDITIONALLY,

Links

Jessica Lanyadoo's podcast episode on Imposter Syndrome

Elizabeth Cox on Imposterism

Books

Outliers by Malcom Gladwell

Quiet by Susan Cain

The 48 Laws of Power
by Robert Greene
(It's long but good)



Thank you so much
for reading, I hope you found
this e-book helpful.
Keep an eye out in your
email for more freebies,
webinars and bonus content!

Thoughts? Feedback?
Cat Memes?

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