

— FREE BOOKLET —

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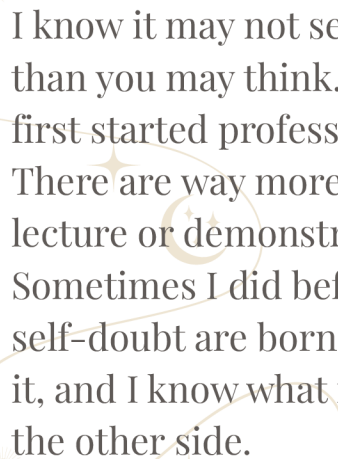
THE SHAMANIC PATHS

# *Imposter Syndrome*

Understanding Your Value



# A Gentle Place to Begin



I know it may not seem this way, but Imposter Syndrome is more common than you may think. Many people quietly struggle with this every day. When I first started professionally practicing, I thought, "Who do you think you are? There are way more capable people out there than me." Every time I did a live lecture or demonstration, I felt like I would get sick right on the stage. Sometimes I did before I went on stage. It is from this place that shame and self-doubt are born. That is why I created a course on the subject. I have lived it, and I know what it feels like. I also know what it feels like to come out on the other side.

Know that you are not broken, a poor imitation of, or unworthy. More often, what's missing is not your worth, but the awareness and tools to meet this pattern differently.

I know that if you implement the tools provided within these pages, you will see a dramatic shift within yourself and those around you as well. The energy that we are will have no choice but to radiate to those around us, and when we feel "good" about ourselves and our accomplishments, our energy tells others that.

I'm excited to have you take the first step into recognizing your value and worth because you're an amazing soul that is just waiting for you to realize it.

# Introduction

## WHAT IMPOSTER SYNDROME REALLY IS

Imposter syndrome is that little voice in your head that tells you you are not good enough to step out of your comfort zone and say yes to new opportunities. It wants you to stay small and keeps you from achieving the desired success.

Imposter syndrome is the persistent feeling that your success, gifts, or accomplishments are not truly deserved. It also refers to an internal experience of believing 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 context. It is not a reflection of actual worth or intelligence.

Simply put, imposter syndrome is the experience of feeling like a phony—you feel as though at any moment you are going to be found out as a fraud—like you don't belong where you are, and you only got there through dumb luck. It can affect anyone no matter their social status, work background, skill level, or degree of expertise. It can happen even when there is clear evidence of competence.

Although not recognized as a diagnosis, imposter syndrome is a common condition, particularly in new work roles or relationships. If unaddressed, the condition can lead to depression, low self-esteem, social isolation, and missed opportunities.

In this booklet, we will explore perspectives, tools, and reflective practices that can help you begin shifting imposter syndrome. Because Imposter Syndrome is not the truth of who you are. It is a pattern of perception.

# How It Often Shows Up



Downplaying accomplishments can block your personal growth by deflecting praise and attributing success to luck or others instead of recognizing your own hard work and talent.



Perfectionism in imposter syndrome shows up when you set impossibly high standards for yourself, feel anxious about meeting them, and perceive every task as a test of your worth, leading to procrastination and self-doubt.



The fear of being seen as a fraud can lead to self-doubt, over-preparation, avoidance of new opportunities, and ultimately limit your potential and growth.



Struggling to accept praise can lead to a cycle of underappreciating your achievements, but learning to graciously accept compliments is crucial for building self-esteem and recognizing your true capabilities.



Feeling behind, even when you're doing well, is a common experience for those grappling with imposter syndrome, but acknowledging your progress and celebrating your achievements can help foster a more positive mindset.

# Five Common Imposter Patterns



## The Perfectionist

Perfectionists tend to view mistakes as synonymous with failure. This perspective often breeds a fear of incompetence and fuels anxiety over the mere possibility of errors. Consequently, people may procrastinate and avoid challenges, trapping themselves in a loop of stress and self-criticism. Even the smallest missteps are seen as substantial failures, emphasizing the need to embrace mistakes as valuable chances for personal development.

## The Over-Preparer

The Over Preparer is constantly trying to outrun their doubts by doing more and more. They think that by piling on work, they can make up for what they see as their own flaws. But this frantic pace often leads to burnout, as they get caught up in endless tasks in the pursuit of perfection. This can actually hinder their productivity and steal the joy from their achievements. It's really important to find a balance and to accept that things don't always have to be perfect.



# Five Common Imposter Patterns



## The Natural

Some folks think success should be a walk in the park, but when they hit a bump in the road, it can really weigh them down with pressure and self doubt. They often tie their self-worth to breezing through life without breaking a sweat. But hey, realizing that a bit of struggle is just part of the journey can really help them stick with it and grow that resilience muscle.

## The Lone Achiever

**Finding Strength in Asking for Help.** A lot of us grapple with the idea of reaching out for help, worrying it might make us appear weak, which can sometimes leave us feeling isolated. But understanding the magic of collaboration and forming trusting relationships can truly change everything. Asking for help isn't about showing weakness; it's about having the strength to recognize our own limits and embracing the power of teamwork.



# Five Common Imposter Patterns

## The Shape-Shifter

The Shape Shifter adapts and conforms to gain approval, sacrificing their true essence and authenticity. This behavior leads to a fragmented identity as they constantly alter their personas for different audiences. Their internal dialogue is filled with doubt and fear of being exposed as a fraud. To overcome this, they must embrace their uniqueness and cultivate self acceptance, recognizing their true value lies in being genuine.



Understanding which one of the 5 Imposter Patterns that you identify with most can help you gain clarity on your behaviors and the underlying beliefs driving them. By identifying with a specific pattern, you can begin to address the root causes of your imposter feelings and develop strategies to overcome them. Whether it's through self-reflection, seeking support, or practicing self-compassion, recognizing these patterns is the first step towards breaking free from their hold and stepping into your true potential with confidence and authenticity.

# A Quick Self-Check

For each question, cross out the number that feels most true to you. It's usually best to trust your first instinct instead of pondering over each statement.

**DO YOU MINIMIZE YOUR ACCOMPLISHMENTS?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**DO YOU WORRY OTHERS WILL DISCOVER YOU ARE NOT AS CAPABLE AS THEY THINK?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**DO YOU FEEL PRESSURE TO OVERPERFORM TO FEEL WORTHY?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
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| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**DO COMPLIMENTS MAKE YOU UNCOMFORTABLE?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
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| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

# A Quick Self-Check

For each question, cross out the number that feels most true to you. It's usually best to trust your first instinct instead of pondering over each statement.

**DO YOU OFTEN ASSUME OTHERS ARE MORE PREPARED OR MORE QUALIFIED THAN YOU?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**DO YOU COMPARE YOUR ABILITY TO THOSE AROUND YOU AND THINK THEY MAY BE MORE INTELLIGENT THAN YOU?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**DO YOU FEEL DISCOURAGED IF YOU'RE NOT "THE BEST" OR "VERY SPECIAL" IN ACHIEVEMENT-RELATED SITUATIONS?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

**WHEN YOU GET A PROMOTION OR RECOGNITION, DO YOU BELIEVE IT'S DUE TO SOME TYPE OF ERROR.**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1                     | 2                     | 3                     | 4                     | 5                     |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| NEVER                 | RARELY                | SOMETIMES             | OFTEN                 | VERY OFTEN            |

# What Your Answers May Be Revealing

## Let's Look at Your Results

Add up all your responses.

I had  Never responses.

I had  Rarely responses.

I had  Sometimes responses.

I had  Often responses.

I had  Very Often responses.

- If you had Mostly Never responses: then most likely you do not have any impact from imposter syndrome.
- If you had Mostly Rarely responses: If you answered Rarely to most of the statements, self-doubt may visit you from time to time, but it likely is not one of the strongest forces shaping your sense of value. That does not mean you never question yourself. It simply suggests that doubt may not be running the show.
- If you had Mostly Sometimes responses: Imposter syndrome may be influencing how you interpret your achievements, your readiness, or your worth. It may not control every area of your life, but it may be quietly shaping how you relate to visibility, confidence, and self-trust.
- If you had Mostly Often responses: this pattern may be more deeply woven into your inner world than you realized. That is not a reason for shame. It is a reason for tenderness, awareness, and support. When these thoughts have been present for a long time, they can start to feel like truth even when they are not.
- If you had Mostly Very Often responses: then imposter syndrome is most likely affecting your day-to-day life, and it may be time to explore strategies to manage and mitigate its impact.

The goal is to recognize what has been happening so you can begin responding to it with greater clarity. Awareness is not the finish line, but it is the doorway.

# Catch the Thought Before It Becomes the Truth

One of the most important things to understand about imposter syndrome is that it often begins with a thought that goes unchecked. A thought becomes a feeling. A feeling becomes a reaction. A reaction becomes a pattern. That is why learning to catch the thought early matters.

## Here is a simple practice:

### 1. Notice the thought

What are you telling yourself in the moment?

Examples:

“I am not qualified.”

“I do not know enough.”

“They are going to realize I have no idea what I am doing.”

### 2. Name the distortion

Ask yourself whether the thought is actually true or simply familiar.

Is this fear? Comparison? Perfectionism? Discounting your own growth?

### 3. Ask what is actually true

Look for real evidence. Not fear-based evidence. What have you done? What do you know?

What have you already lived, learned, built, or carried?

### 4. Choose a more grounded response

This is not about forced positivity. It is about truth.

Instead of: “I am not enough.”

Try: “I may still be learning, but that does not erase what I already know.”

Instead of: “I am not ready.”

Try: “Readiness is often built through action, not before it.”

A thought does not become truth just because it arrived with confidence.

# Reflection: Where Does This Show Up for You?

Self-doubt becomes easier to shift when it is no longer unnamed. Use the space below to reflect honestly, gently, and without rushing yourself.

- Where do I doubt myself most often?
- What kinds of situations seem to trigger feelings of inadequacy or fear of being exposed?
- What accomplishments, strengths, or growth have I minimized?
- What do I fear might happen if I fully trusted my value?
- What old belief may be feeding this pattern?
- What would change if I stopped treating doubt as proof?

You do not need perfect answers. You only need honest ones.

Sometimes the work begins not by forcing a new belief, but by telling the truth about the one you have been living under.

# Why High-Capacity People Often Struggle With This

Imposter syndrome does not only show up in people who lack confidence. In fact, it often shows up in people who care deeply, think deeply, and carry a strong sense of responsibility. The more aware you are, the more likely you may be to notice what you do not know, where you could improve, or how much still feels unfinished.

Highly capable people often hold themselves to extraordinary standards. They may be deeply conscientious, emotionally perceptive, and committed to doing things well. While these can be beautiful qualities, they can also create the perfect conditions for self monitoring, comparison, and fear of getting it wrong.

For many, this pattern is also connected to old conditioning. Perhaps your worth was tied to performance. Perhaps being praised made you feel pressure instead of safety. Perhaps visibility once came with judgment, criticism, or the risk of disappointment. In that case, imposter syndrome is not just insecurity. It is often self-protection wearing the mask of humility.

Sometimes the very people who carry the most are the ones who trust themselves the least. Not because they are empty, but because they have spent too long measuring their value through impossible standards.

# You Are Allowed to Believe in What You Carry

Imposter syndrome does not always disappear in one neat, dramatic moment. More often, it softens over time through awareness, practice, compassion, and the willingness to challenge what is familiar but no longer true. The goal is not to become someone who never doubts. The goal is to become someone who no longer lets doubt define them.

There may still be moments when the old thoughts return. That does not mean you have failed. It means you are human, and healing is rarely linear. What matters is that you now have language for the pattern and tools to interrupt it. Each time you notice the thought and choose something truer, you strengthen a new way of being.

Your value is not determined by how perfectly you perform. It is not erased by uncertainty. It is not something you must constantly prove in order to deserve your place. You are allowed to grow and still be worthy. You are allowed to be visible and still be learning. You are allowed to trust what you carry.

## **Affirmation**

My value is not determined by fear, perfection, or performance.

I do not need to earn the right to take up space.

I am allowed to be seen, to grow, and to trust what I carry.

# Tips FOR OVERCOMING IMPOSTER SYNDROME

01

## Reframe your thinking

For those dealing with imposter syndrome, there can be a fear of making mistakes. It's important to realize that everyone faces challenges. Remember, a single misstep doesn't define your worth or affirm any feelings of being an imposter.

02

## Celebrate Your Achievements

At times, confronting imposter syndrome directly is the most effective approach. When you succeed, take a moment to acknowledge and celebrate it. If you're comfortable, share your achievement with trusted people.

03

## Identify your strengths

Understanding your strengths, values, abilities, and talents is key to breaking free from imposter syndrome and building self-confidence. This awareness allows you to see yourself with clarity and genuinely appreciate your capabilities. Begin by noting down your strengths and recognizing your areas of expertise.

04

## Listen to compliments from others

Accepting compliments from others can feel challenging initially, yet it's crucial to welcome them with open arms. Over time, and with practice, it becomes more natural.

# The Work Beneath the Doubt

Imposter syndrome does not always vanish all at once. More often, it returns in quiet moments, old patterns, and familiar thoughts that ask you to question your worth, your voice, or the space you are meant to take up. The good news is that you are no longer where you once were. You now have greater awareness, new tools, and a deeper understanding of how to meet those thoughts with truth instead of fear.

If impostor syndrome lives in your shadow, healing it will require patience, compassion, and repeated practice. This is not about becoming fearless or never doubting yourself again. It is about learning how to recognize the old inner narrative without allowing it to lead. Each time you challenge the thought, choose a new response, or remember your value, you begin strengthening a different way of being.

And this is where deeper work matters. Because impostor syndrome is rarely just insecurity. It is often tied to old wounds, self-protection, conditioning, fear of being seen, fear of being judged, or the learned belief that your value must be earned. If you are ready to go beyond managing the symptom and begin working with the deeper pattern beneath it, Master Your Shadow is your next step.

Whether you choose the 1:1 private experience or the independent study, video on demand path, The *'Master Your Shadow'* course was created to help you understand the hidden roots of self-doubt and begin reclaiming your voice, your value, and the truth of who you are.

Thank you for allowing me to be even a small part of your journey. I am wishing you patience, grace, and the most abundant blessings as you continue forward.

Charli

[Explore Master Your Shadow](#) 

*"You are not behind. You are not fraudulent. You are becoming." - Charli*

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