

## Sample Letter:

Dear Patty Pat,

I've recently started a position in a prestigious tech firm, an achievement I never thought possible given my background. Growing up in a small town with limited resources, I was always the one in my family pushing against the odds. I was the first to attend college, navigating through scholarships and part-time jobs.

Despite these accomplishments, I'm struggling with intense imposter syndrome. At work, I'm surrounded by incredibly talented colleagues, and I often feel out of place. Even when my manager praises my work, I can't shake off the fear that I don't truly belong here. This constant doubt is taking a toll on my mental health and productivity.

I remember my parents always saying, 'Don't aim too high, stay where it's safe.' Their words echo in my mind, amplifying my insecurities. How can I shift this mindset and start believing in my abilities? Is there a way to transform these deep-seated fears into a source of strength?

Your advice would mean the world to me.

[Jane Doe]