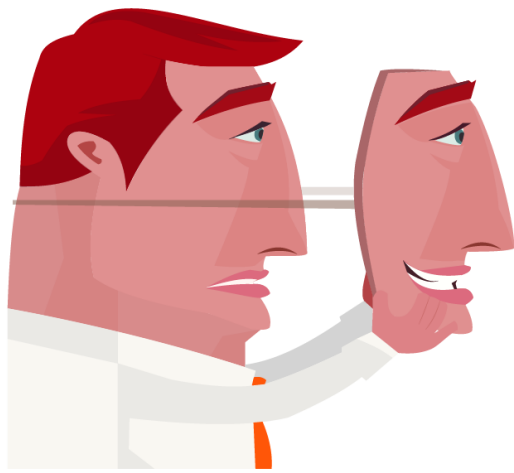


FUNSHEET

5 WAYS TO OVERCOME IMPOSTER SYNDROME



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



5 WAYS TO OVERCOME IMPOSTER SYNDROME

Absolutely write - A podcast where we *celebrate & decode minds of outstanding achievers* and simplify their secrets and hacks, for you to implement in your life.

Let's explore:

- What is imposter syndrome? What is the truth behind being a fake?
- 3 ways to understand
- 5 ways to deal with it imposter syndrome

Imposter syndrome - when you doubt your accomplishments or talents and have a persistent fear of being exposed as a "fraud" or a fake.



'I still have a little impostor syndrome... It doesn't go away, that feeling that you shouldn't take me that seriously. What do I know?'

- Michelle Obama

Even after selling 70 million copies of my album, I kept feeling that I am not good enough at this.

Jennifer Lopez



Journal of behavioral science stated that 70% of Americans suffer from imposter syndrome.

1. What makes you feel this way:

- Do you actually think that you are faking it? Are you faking it until you make it? Are you pretending or hiding in some areas of your life to fit in, be accepted, be respected?

If yes, think of 4-5 ways in which you you are doing so:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Belonging:

Are you trying to fit in? Yes/ no.

What does it look like to fit in?

What does it look like if you don't try to belong?

3. Imposter syndrome thrives when you lack 3 C: Clarity, competence & courage.

Ask:

- a. Am I clear about what I want here? Yes or no
- b. If no, What can I do to get more clarity?

c. Do I really have the competence to deliver? Yes or no
d. If not, how can I learn?

e. Am I scared to fail? Am I building all these justifications in order to protect myself from my actual fear of failing? Yes or no
f. If yes, what can I do to deal with it?

Keeping these factors in mind let's look at **5 ways to deal with the fraud or imposter syndrome.**

1.. **You are not that significant:**

Realise that you can't have all the answers, you can't be doing the right thing all the time, you can't be fitting in everywhere.

Instead of hiding some parts of your personality and faking it, what if you accept that you are imperfect. What would it change?

2. **Stop faking it:**

: '_____ it till you make it' mantra creates deeper doubt at a subconscious level. Your mind as well as body gets all confused and turns _____ you.

Do you know when you are faking or pretending?

Catch small signals. When do you brag? Why do you do it? What goes inside your mind. Are you trying to project an image here?

Write 7-8 observations where you started pretending without realising it:

3. Share the shame:

If you are ashamed of something, actively share the shame. It might sound counterintuitive, but I cannot tell enough how freeing it is.

4. Stop Avoiding Difficulties:

The protective part of our brain is very effective in creating all these irrational thoughts to avoid pain. Catch your mental drama queen in the middle of the act.

Note your internal dialogue when you are avoiding difficulty. Think of 2 -3 moments, write at least 1

5. **How will you be of service today?**

When you are focused on yourself, you will be limited to your achievements, results, well being.

Ask these questions instead - *how will I be of service to others today?*

How can I solve a problem for someone else?

For this month of October, we are doing a special awareness drive called, '**Calmsutra with Aditi Surana**'. Everyday for 12 minutes, Aditi will be doing a handwriting based meditation process, live on Instagram. All the details are mentioned on www.aditisurana.com/calmsutra

Happy writing!