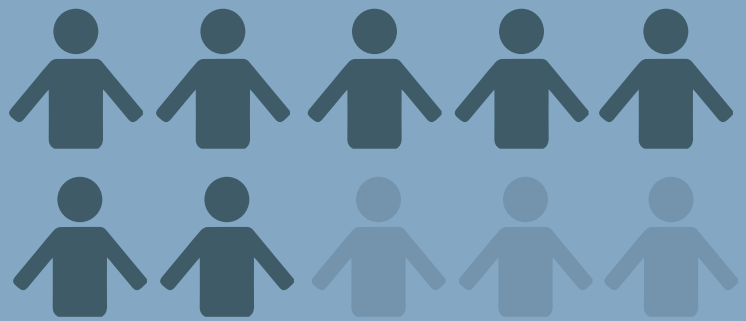


IMPOSTER SYNDROME

“ Imposter Syndrome is a psychological pattern of feeling like a fraud and feeling inadequate despite your talent, success, or qualifications. ”



Key Indicators:

- Dominating feelings of inadequacy and self-doubt
- Significant anxiety
- Frustration
- Low self-esteem

70%

of individuals will experience signs and symptoms of this phenomenon *at least* once in their lives.

POSITIVE THINKING & SELF-LOVE



DON'T BLAME YOURSELF

- Acknowledge your accomplishments.
- Take compliments to heart instead of criticisms.
- Learn to reframe mistakes as learning opportunities.

- Recognize the existence of institutional systems.
- Don't view yourself as an outsider if you are in a space where you don't look like the people around you.
 - Own that space!

SHARE YOUR FEELINGS

Talk openly about your experiences.

You can share them with many others who have felt similar feelings.



PLEASE REMEMBER...

Imposter Syndrome does **not** look or feel the same for everyone.

You are not alone.