

6 Signs You Might Be Suffering from Imposter Syndrome

Imposter syndrome is the belief that you're not as competent as others believe you are. Do you find yourself doing any of the following?



If so, here's what you can do about it:

▶ Know the signs so you can start to ask why

▶ Fight these thoughts and feelings with facts

▶ Reach out to others and share your feelings

▶ Boost your confidence with a list of your strengths

▶ Don't focus on 'failure', celebrate your successes

▶ Stop comparing yourself to others!

▶ Reframe failure as a learning opportunity

▶ Call out negative talk: replace it with something positive

▶ Visualize what success would look like

▶ Let go of perfectionism and focus on your growth