

# IMPOSTOR

## SYNDROME

**For days**

**when you feel**

**like a...**

# FRAUD



# SCORECARD

If you can check off any boxes on this list, don't worry. You're in good company. But there are some techniques that might help you assimilate easier.

- I hope nobody finds out I'm not as good as they think I am.
- I hate challenges. I don't have what it takes to overcome them.
- The cool things I've done in the past all happened by accident.
- I *hate* making mistakes. I'm a perfectionist.
- When people criticize my work, they're saying I suck as a person.
- The other people I work with are *way* smarter / better / more awesome than I am.
- When people praise my work, they're just being nice.
- Nobody likes a braggart.

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