



Imposter Syndrome & You



**Despite all that you have achieved,
you still never feel like you're quite good enough.**



Explore this complimentary guide to Imposter Syndrome & You to:

- ➔ **Uncover which Imposter 'type' you are**
- ➔ **Discover the common theme amongst all the types**
- ➔ **Learn how you can stop feeling like an Imposter,
and really believe in your true awesomeness instead!**



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Which type do you most relate to?



The Expert

- The expert defines competence based on how much, or what, they know.
- A minor lack of knowledge can leave them feeling full of shame, and that they aren't good enough.
- They fill their time trying to ensure they have as much knowledge, skill and expertise as possible, potentially before they will even consider getting started on something.

The Soloist

- The soloist is more than just independent.
- They think they must complete things single-handedly in order to acknowledge it as their achievement, and they worry that accepting help will highlight their inadequacy.
- This can leave them working inefficiently and wasting their time, energy and efforts in a bid to go it alone so they can prove their worth.



The Perfectionist

- The Perfectionist wants the work to be carried out to the highest standard and to achieve the best results.
- Anything less leads them to feel like they've failed.
- They will keep working to dot all the i's and cross all the t's, which can ultimately drive them to burnout.

The Natural Genius

- The Natural Genius has a history of high achievement coming easily to them.
- If they do not take to something quickly and easily, or don't get something right on the first try, it evokes feelings of failure and therefore shame.
- This might cause them to avoid trying new things and, as such, they might stop themselves from reaching their potential.



The Superwoman/Superman

- The Superwoman/Superman tries to do it all.
- They have many different roles and demands on their time.
- They try to do each one, not only to a 'good enough' standard, but instead, they must excel in each, otherwise they feel like they are failing.
- Juggling so many things, each with such high standards to meet, leads them to reach burnout as they run out of time and energy.

You might find that you have characteristics that fit into more than one of the categories. But more importantly, what does it all mean for you? Keep reading to find out what you can do if you'd like things to feel differently.



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Whichever type you relate to most, you might notice there are a few things that all the types have in common:

1. They all involve having extremely high expectations of yourself. To the extent that they are often unrealistic.
2. When you don't manage to live up to those expectations, it leaves you feeling like you aren't good enough.
3. As a result it can leave you chasing other people's approval, or external achievements, in order to feel worthy.



However, I'm not trying to say that it's all bad. There are some really great qualities here too!

For example:

- The perfectionist is likely to be extremely thorough in everything they do
- The expert is often extremely knowledgeable in their field
- And the superwoman/superman is probably the person that everyone goes to when they need help or advice.

These people are incredibly skilled and capable people.

But firstly, they often don't recognise it for themselves.

And secondly, the same traits that make them so capable are also the ones that drive them to keep going to the point of burnout.

So what's the answer?

If you could find a way to harness all the really great qualities and characteristics, whilst getting rid of all the unhelpful elements, that would be pretty great, right?!

Well, that's exactly what I do with my clients.

I use a combination of tools and techniques to enable my clients to eliminate old programming and limiting beliefs that cloud their judgement and stop them from recognising, and being able to really accept their own worth. And at the same time we work on re-wiring the habits and behaviours that continue to fuel the problem.

If you would benefit from this too, perhaps it's time we had a chat.

Get in touch: jo@wattcoaching.co.uk

Or find out more at: <https://wattcoaching.co.uk/>

