



GURUKUL PAATHASHAALA

Krishna, I got the highest grade in our class, but I feel like a fraud. Like I don't deserve it.

Why do you feel that way, Arjun?

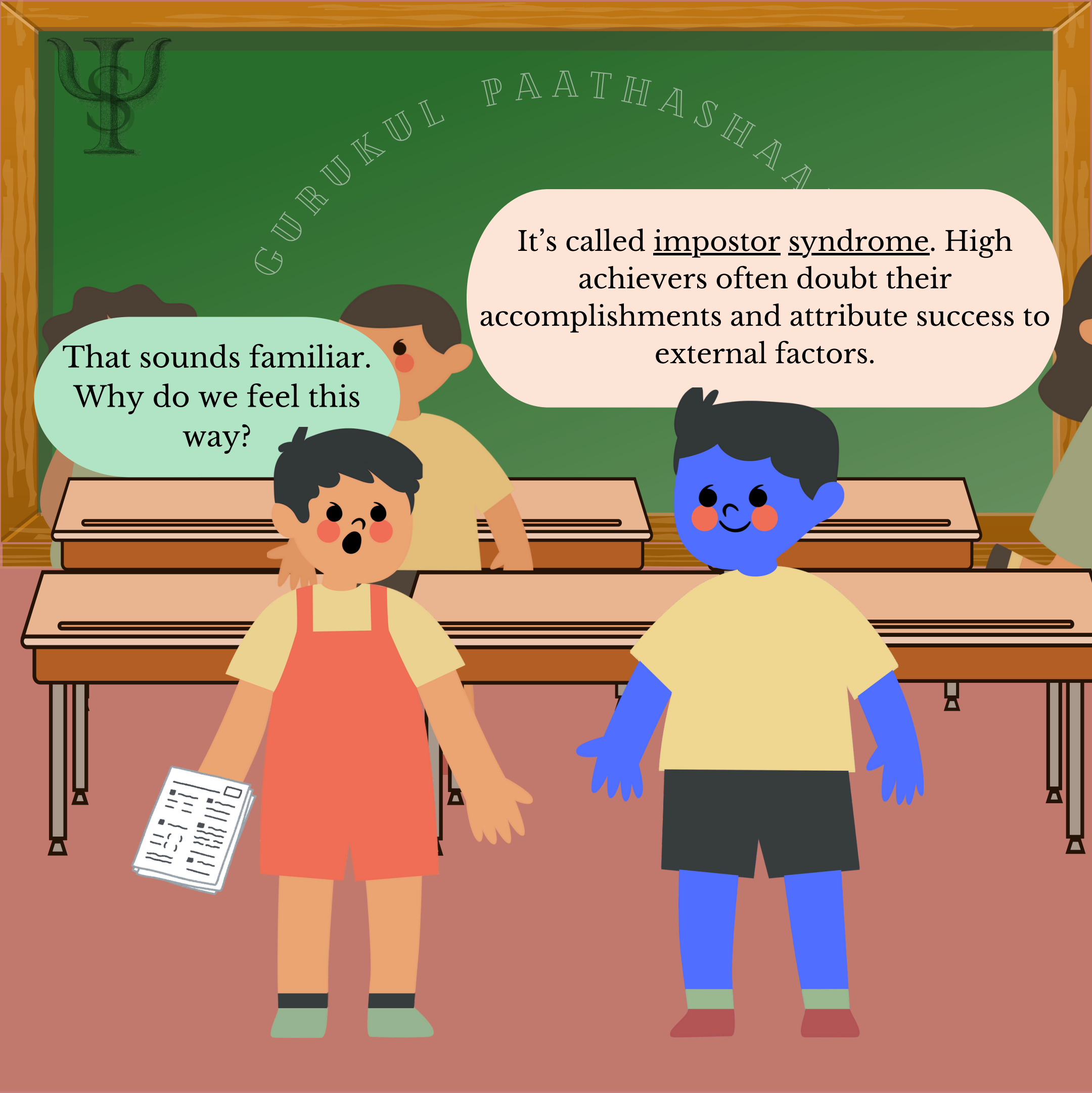


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I don't know. Other students seem so much smarter. I feel like I just got lucky.

Let me tell you about a brilliant scientist who felt the same. Despite numerous awards, she always thought her success was due to luck and feared being exposed as a fraud.





It's called impostor syndrome. High achievers often doubt their accomplishments and attribute success to external factors.

That sounds familiar.
Why do we feel this way?



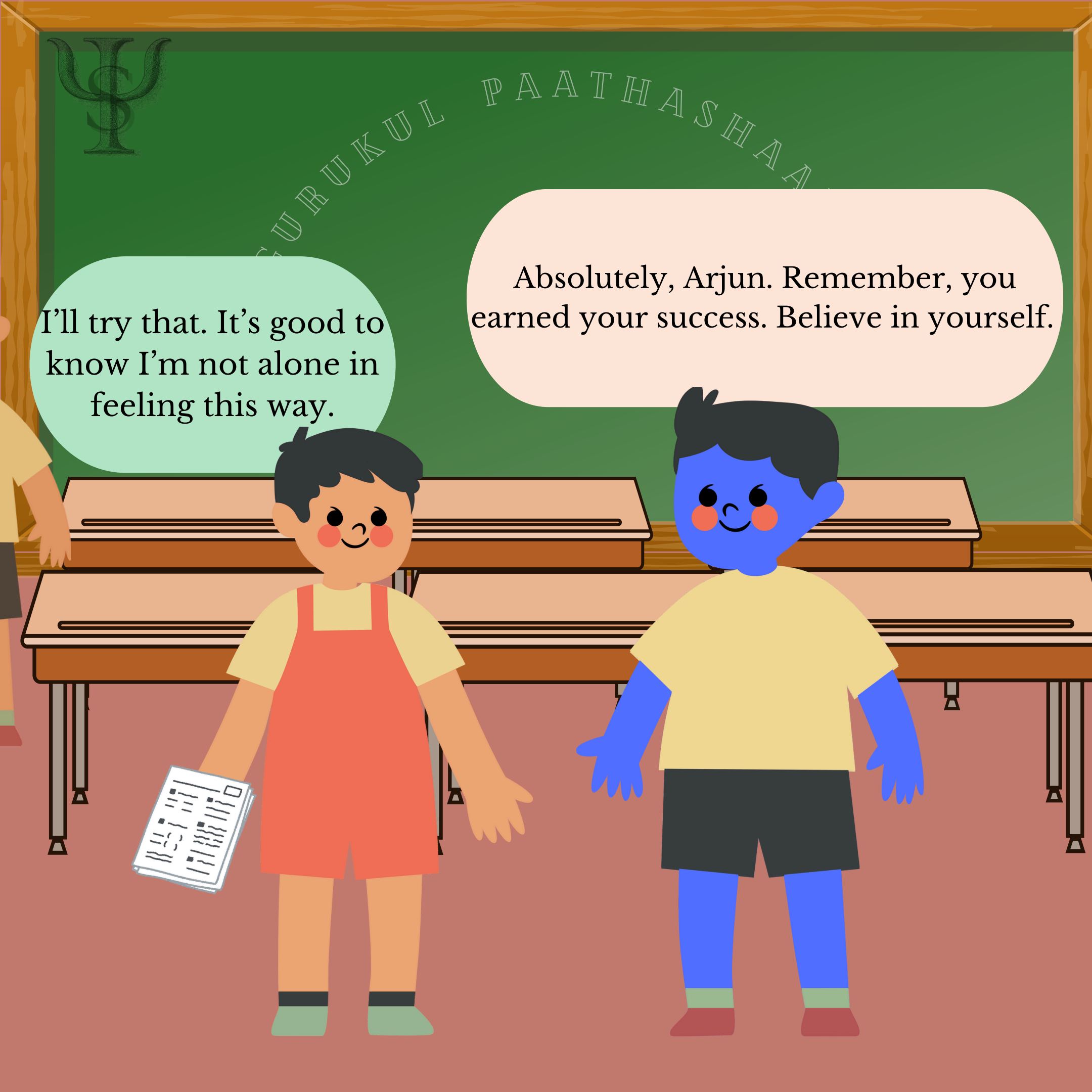
They set high standards and often feel they don't measure up, despite evidence to the contrary.

But why does this happen?



Keep track of your achievements, seek feedback, and talk about your feelings. Acknowledging your strengths helps build confidence.

How can I overcome it?



I'll try that. It's good to know I'm not alone in feeling this way.

Absolutely, Arjun. Remember, you earned your success. Believe in yourself.

PSYCHIC

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Thanks, Krishna. I feel better knowing this.

Anytime, Arjun. Self-belief is a powerful tool.

