

Navigating Imposter Feelings

In this technological day and age where we seem to be living in a perpetual echo chamber, if you speak with enough people, you will realize that **most of us are familiar with feelings of inadequacy and doubt**. Sometimes, the severity can be so much that it would be debilitating to one's progress in achieving their goals as it can skew one's perception about their capacity for performance. Acknowledging that experiencing Imposter Feelings is common among our colleagues can help in diminishing its effect, however, **deliberate action is still needed to overcome its hold on us**.

Use this worksheet to assess your relationship with doubt and determine **how you can best overcome its grasp**. This could be helpful in those situations where you are feeling unsure and hesitant and could use a new perspective on how to start moving towards your goals.

"Inaction breeds doubt and fear. Action breeds confidence and courage. If you want to conquer the negative elements in your life, don't sit at home and think about it. Go out and get busy!"

-Dale Carnegie

[Ascend Professional Pathways](#) specializes in Customized Professional Development, Leadership Training, and Executive Coaching. My goal is to support high-caliber professionals to better accomplish their goals, maximize their capacity for success and perform at their very best.

My mission is to enable leaders to fulfill their potential to achieve the greatest results possible. This is one of many programs that are offered, please visit ascendpropathways.com to learn more!

Thomas Passalacqua

Certified executive coach specializing in sales training & facilitated learning.

516-946-2965 | thomas@ascendpropathways.com



If this introductory worksheet was helpful, consider the full [Navigating Imposter Feelings program](#), which is a robust comprehensive guide designed to steer you towards action. You can use it when you are doubting yourself in any particular situation or use it as a preventative tool to stay ahead of any doubt that may reoccur. Click [here](#) and see below to learn more!

Defining your doubts: Being aware of when Imposter Feelings occur and identifying them as such can empower you to shorten their effect and lessen the severity.

How would you define “Imposter Syndrome”? *What words would you use, what emotions do you feel?*

How often would you say you experience these feelings?

- ☐ A few times a month
- ☐ Weekly
- ☐ Daily

What would become possible if you were able to overcome these feelings? What could you achieve?

In the moment: Removing your emotional response and shifting your perspective.

When you are in the moment of doubt, ask yourself: “Is that actually true or just an emotional reaction?”

Then ask: “How is my current attitude or thinking actually helping me to achieve my goals?”

How is your current mindset enabling your success or preventing it?

Breaking free: Identify immediate actions you can take to reframe your approach.

Oftentimes being alone causes you to stay within one perspective, speaking with others can help shift the viewpoint. In addition, how can you best interrupt the negative spiral when you do experience it? What has helped you in the past to break out of that debilitating mindset?

List three people who you can call or text to talk it through with.

List three activities that you can take to break you out of that mindset.

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Full Program Scope & Outline

Program objectives: This program aims to empower individuals to overcome the deleterious effect that doubts, insecurities, hesitations, and overall imposter feelings can have on themselves. We work through targeted exercises and questions to challenge our perspective and focus on truth, objectives, and actions that will allow us to reframe how we think and feel and ultimately respond to these difficult moments. We identify what strategies can be put in place to keep us on track and accountable for sustainable progress and how to apply effective solutions for more established personal and professional growth.

Format: This program consists of 6 live web sessions and one bonus review session, each 1-hour in length, and the below outlined exercises that may require additional time beyond the live sessions. Each session will include prompting questions that we will further explore and discuss. We will leave time to plan the next session and establish any immediate actions needed to be completed.

Price: \$549.00

[Click here to learn more and to register.](#)

We can break down this process into these main components:

- **Being aware of when imposter feelings occur and identifying them as such.**
- **Homing in on the specific fears and doubts to better overcome them.**
- **Looking at things objectively and removing the emotional response.**
- **Identify effective actions to take to move towards results.**
- **Reflect and reinforce what will continue to help us as we work towards our goals.**

Session outline:

- 1. Identifying their origins:** Develop your attention and awareness of when doubt occurs.
 - 2. Homing in on doubts & fears:** Identifying what you are doubting and pairing solutions.
 - 3. & 4. Looking at things objectively:** Removing your emotional response and shifting perspectives.
 - 5. & 6. Taking action:** Getting active and working towards improvement
- Bonus session-Review:** Reflection and reinforcement for positive change.

If you are ready to take the next step and learn more about the full program, visit:

[Programs & Tools | Ascend Professional Pathways](#)

Ascend Professional Pathways
Executive Coaching and Leadership Development

