

REDUCING FEAR & IMPOSTER SYNDROME

Your beliefs & values are the compass that keeps you on course. It makes boundary and decision making easier.

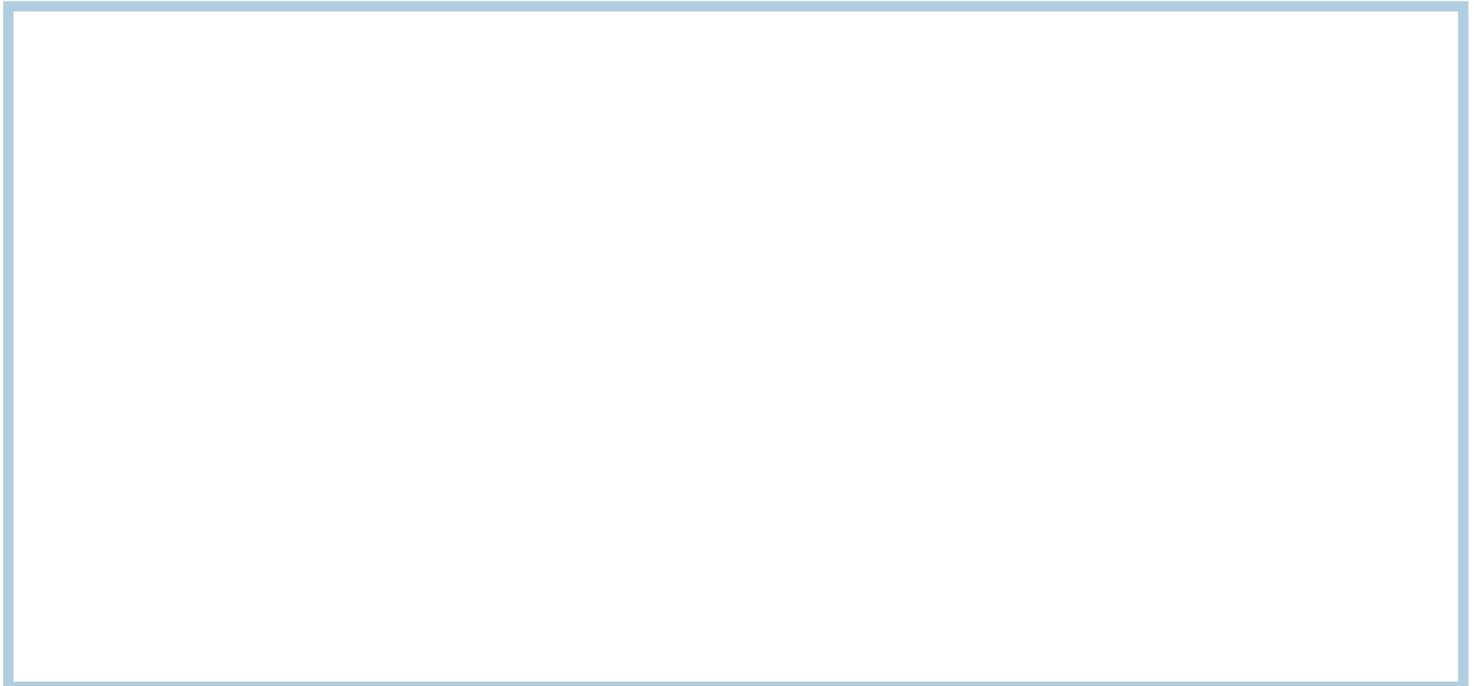
A belief is a thought you hold as a truth & comes from our lived experiences. That means that two people can have the same belief but define them differently (and will argue the difference).

Values are universal & not dependent on our lived experiences. That means we will have shared definitions of them.

What are your beliefs? (include things like religion, science, education, and things most people debate)



What are your values? (Things like honesty, integrity, courage, love, family)



*It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. **The credit belongs to the man who is actually in the arena**, whose face is marred by dust and sweat and blood; **who strives valiantly**; who errs, and comes short again and again, because there is no effort without error and shortcoming; but **who does actually strive to do the deeds**; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, **if he fails, at least fails while daring greatly**, so that his place shall never be with those cold and timid souls who know neither victory nor defeat. – Theodore Roosevelt*

Who are three people you know who fit the definition above AND who always have your back, no matter what!



My Fear Toolbox

In the grip of fear or Imposter Syndrome, it can be difficult to be mindful and use your tools in your toolbox. Choose a couple of the following to focus on and then bring in others as you need. Before you dig into the toolbox, fear & excitement feel the same so check in with your body and ask: ***Is this fear or could I be excited?***



Is it fear or excitement?



Behave in alignment with your beliefs & values



Imagine the fear floating away on a cloud



Breathe in for 4, hold for 4, out for 4, hold for 4: total of 3 reps



Name 5 things you can see, 4 you can hear, 3 you can touch, 2 you can smell, 1 you can taste



Count back from 5 to 1 and then take action



Change Task or Location or both



Do something nice for someone



Switch thoughts from what you feel to what someone else might feel



Listen to Music (Classical or Meditation are good options)



Talk to Someone on the list in "the Arena" exercise



Say Thank You, gratitude rewires our brain



Limit or reduce social media and news broadcasts