THE IMPOSTER PHENOMENON

THE INTENTIONAL PAUSE PODCAST | EPISODE 19 RESOURCE SHEET

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Overcoming the Fraud Trap: The imposter phenomenon is an epidemic that keeps high achievers from stepping into their full potential. Because it happens entirely in the mind, real alignment requires shifting our internal dialogue, self-worth, and daily habits.

1. Build a Success Log

- Document your genuine milestones, achievements, and career return on investment.
- Include non-material triumphs, such as being the first in your family to earn a degree.

2. Establish a Board of Directors

- Curate a trusted circle of colleagues or friends who offer absolute honesty.
- Rely on them to pull you out of negative thought loops without judgment.

3. Drop Verbal Qualifiers

- Eliminate phrases like "I know this is a silly question, but...".
- Adopt the mindset of a news anchor simply reporting the facts.

4. Leverage Power Poses

- Physical posture communicates directly back to your subconscious mind.
- Stand tall, plant your feet, and use open body language to signal confidence.

Pause with Purpose: Reflection Questions

1. Growth: Think of a past time you grew into a role. What kept you going through the discomfort?

2. Alignment: What parts of your current work make you feel fully authentic and confident?

3. Vision: If you woke up free of doubt tomorrow, what difference would you notice first?

4. Self-Talk: Would you speak to a cherished friend the way you speak to yourself? If not, stop.

"Pause long enough to separate what fear is telling you from what your experience has already proven."

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