

Blue Lotus Mind
Overcoming Imposter Syndrome Worksheet



What is the belief / fear that is driving Imposter Syndrome?

WHAT EVIDENCE DO YOU
HAVE **FOR** THE IMPOSTER
SYNDROME?

WHO CAN YOU THINK OF
WITH THE SAME / SIMILAR
EVIDENCE THAT **IS** THE **REAL**
DEAL AND / OR IS SUCCESSFUL?

WHAT EVIDENCE DO YOU
HAVE **AGAINST** THE
IMPOSTER SYNDROME?

WHAT IS THE **NEW BELIEF**
YOU WANT?
WHAT BEHAVIOURS DO YOU
NEED TO DISPLAY TO BE
ALIGNED WITH THIS BELIEF?

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What proof do you have to prove that you **ARE** an imposter (or not good enough, etc)? (List as many pieces of evidence as you can think of!)

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

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Can you think of **ANYONE** who has the same or similar “evidence” of being an imposter as you do and **IS** the **real deal**, or has been successful? List all these people below

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

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What evidence do you have that you **ARE NOT** an imposter (or are good enough, etc)? List all that apply...

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

See the last page for the 5 questions to send to your 5 closest friends and family members if you need more evidence!

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What is the new belief you want? (ie. I am worthy, I am confident)

What evidence do you have of that belief already being true for you?

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

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What new behaviors / habits / thoughts do you need to start practicing daily for the new belief to become a reality?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____

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Need more evidence that you are **INCREDIBLE?!?**

Send these 5 questions to the 5 friends or family members you are closest with?

1. Why am I amazing?
2. What is my best trait?
3. What is my superpower?
4. What is your favourite thing about me?
5. What is your fondest memory of me?