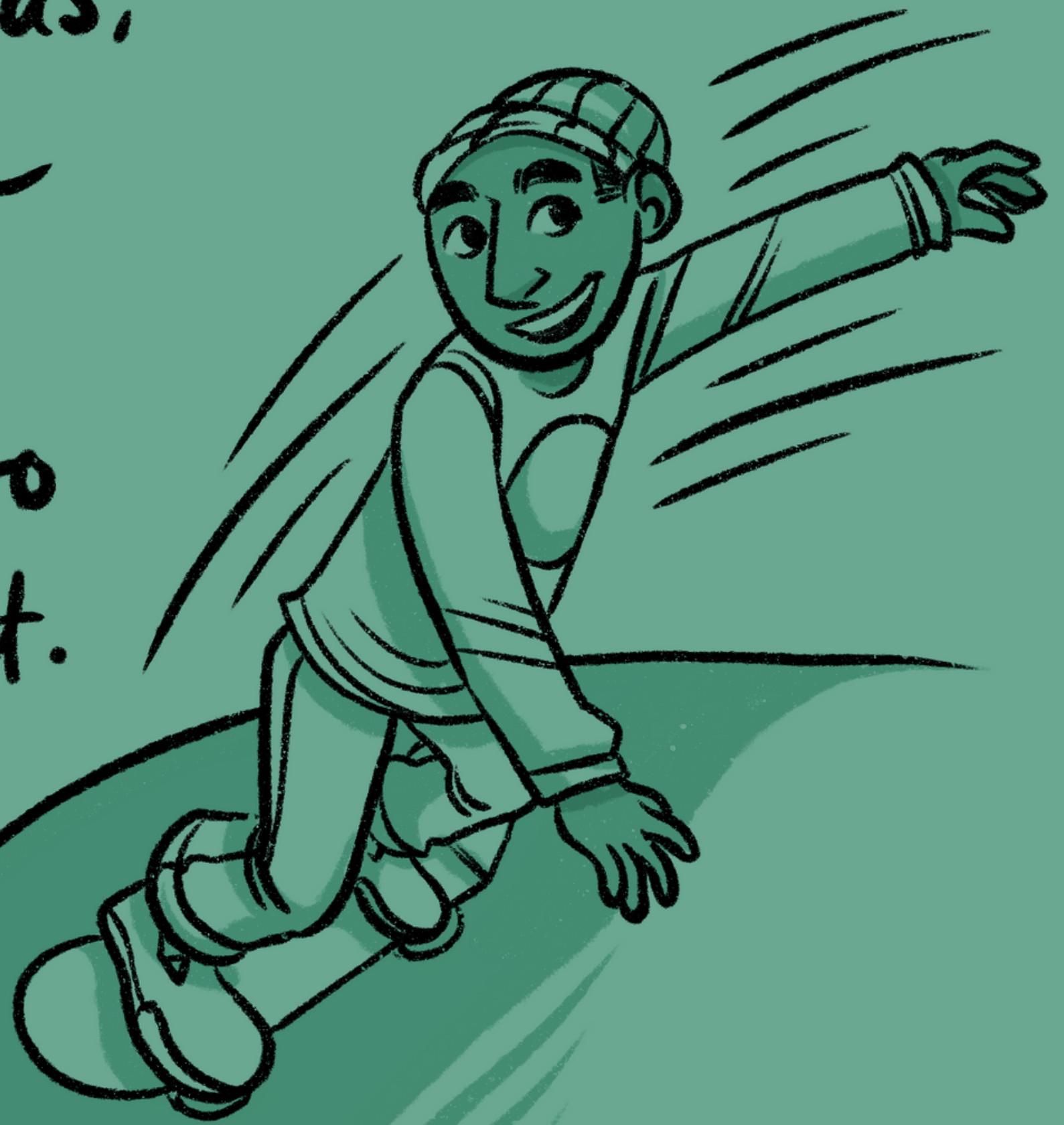


The story we
tell ourselves
about ourselves
is SUPER
important.

flow

This is true in lots
of different areas,
but one of the
hardest can be
when it comes to
things you're good at.



(weird, I know. Just hear me out.)

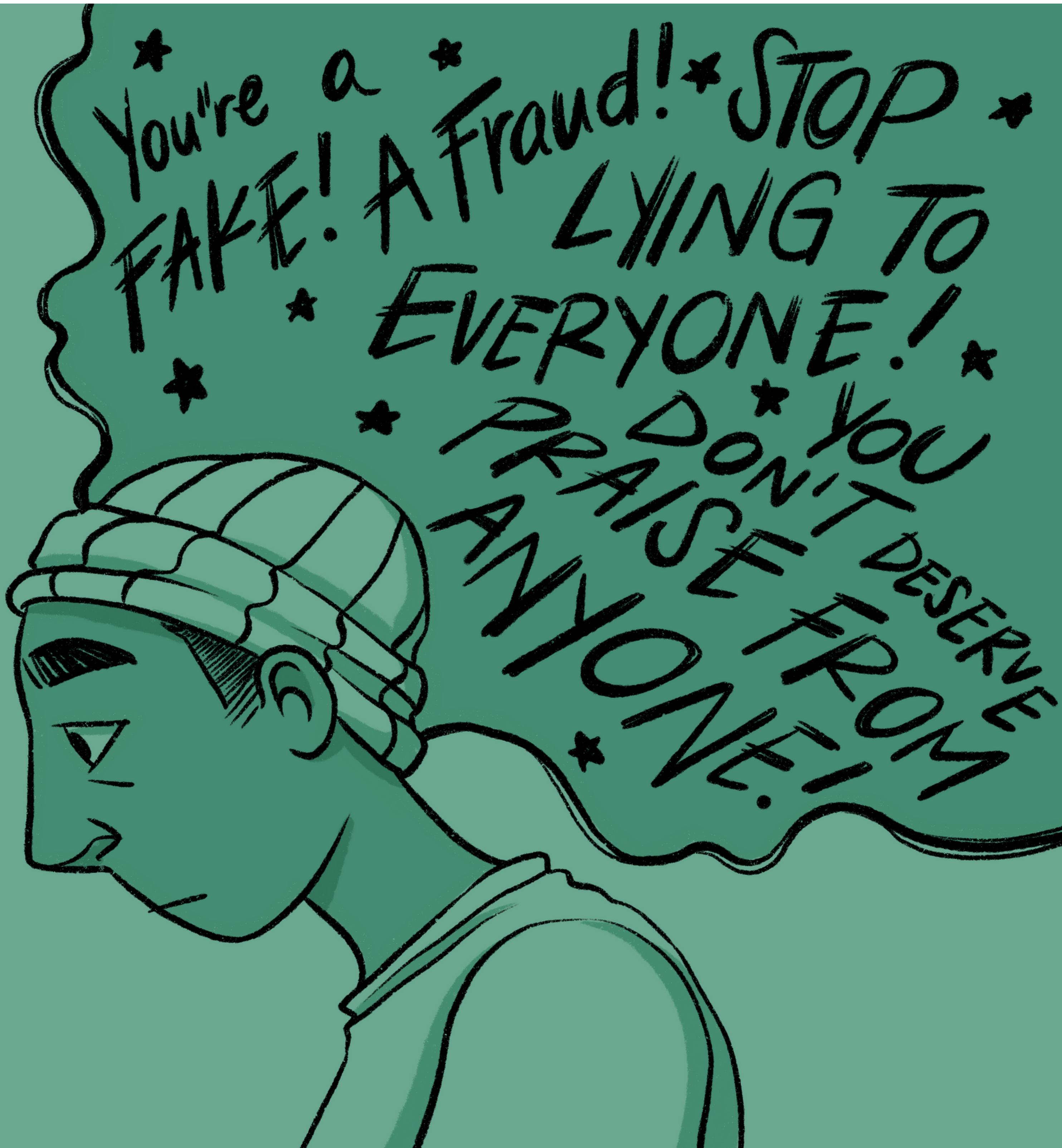
Sometimes when you get a little moment of mental victory...

"Hey, I'm actually pretty good at this!"

"I've worked hard to get here & I'm doing a great job!"



... that's when the imposter syndrome starts to kick in.



* You're a *
FAKE! * A Fraud! * STOP *
LYING TO *
EVERYONE! *

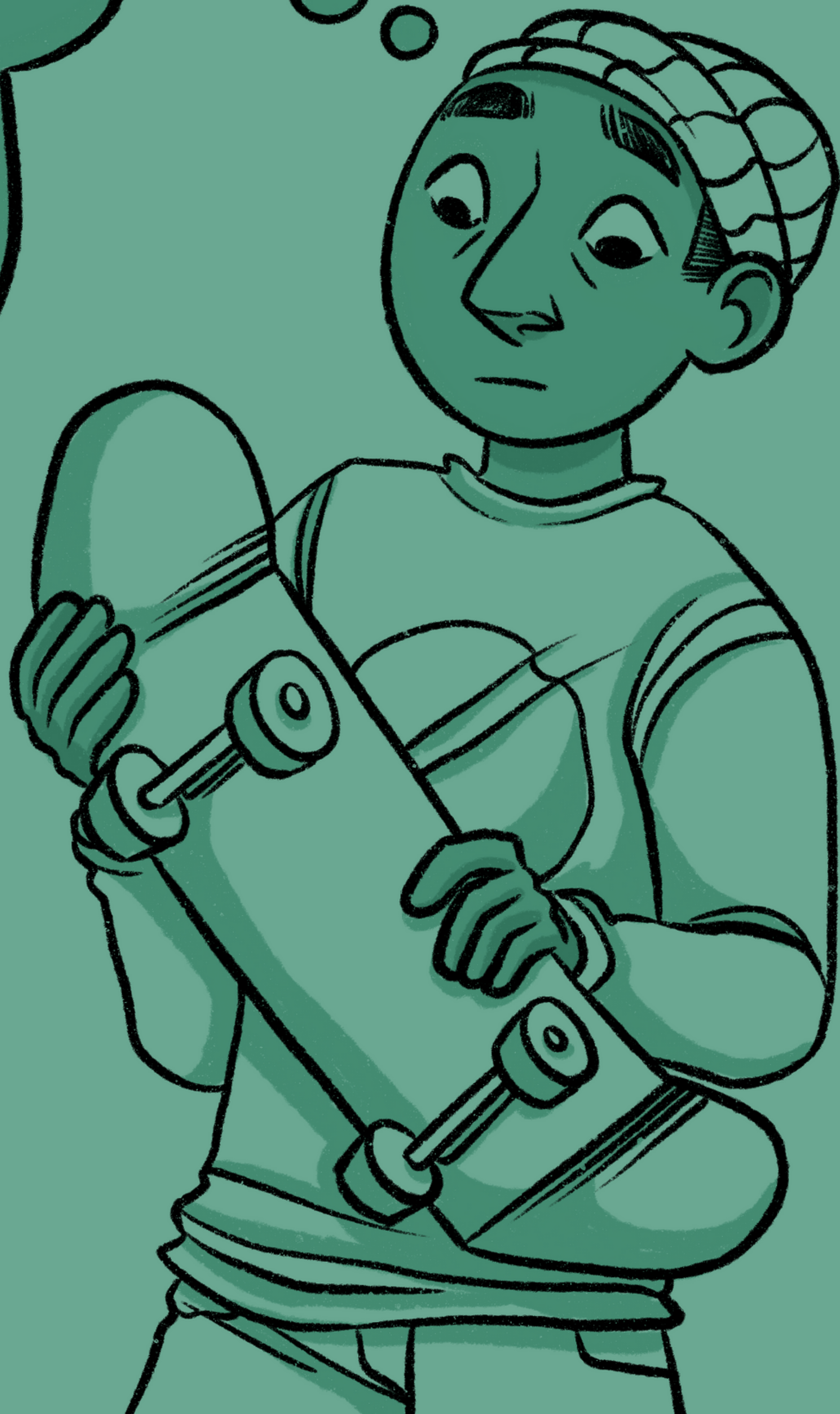
* PRAISE * YOU *
DON'T * DESERVE *
ANYONE * FROM *
ME!! *



It can really mess with your head, and often will make you not want to do some of the things you love anymore, out of fear that those negative thoughts are right.

How could I have
tricked people
into thinking
that I'm good
at this? I'm
a liar. A poser.

I'd better
stop so I can
let the people
who are actually
good at this
shine.



There's no "one size fits all" fix for imposter syndrome (unfortunately). Sometimes it comes & goes on its own, & sometimes it takes a bit more work.





The best thing you can do is not let it steal the things that you love from you. Hold them firmly, & continue to find joy in them regardless of the lies in your head. It seems like a little victory, but it's bigger than you think.