

Barbara Nixon

**THE SUCCESS
MINDSET
BOOTCAMP –
WEEK 4**

Barbara Nixon

LESSON 10 – Getting to grips with Imposter Syndrome

What's does Imposter Syndrome feel like for you?

A large, empty rectangular box with a thin black border, intended for the user to write their response to the question above.

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Tip # 1 – Look at the evidence

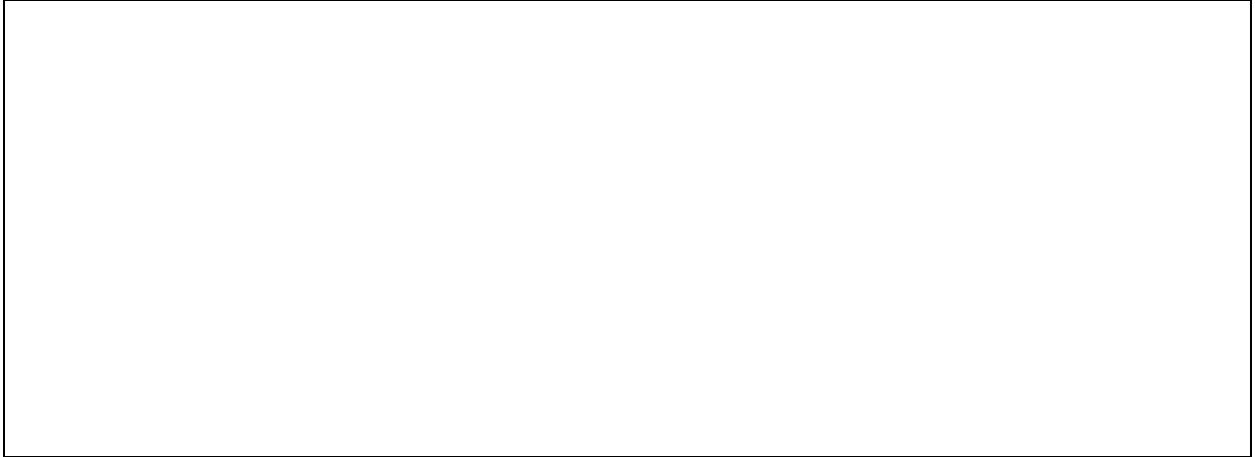
Write down all the things you've achieved in the past 12 months

A large, empty rectangular box with a thin black border, intended for the user to write down their achievements from the past 12 months.

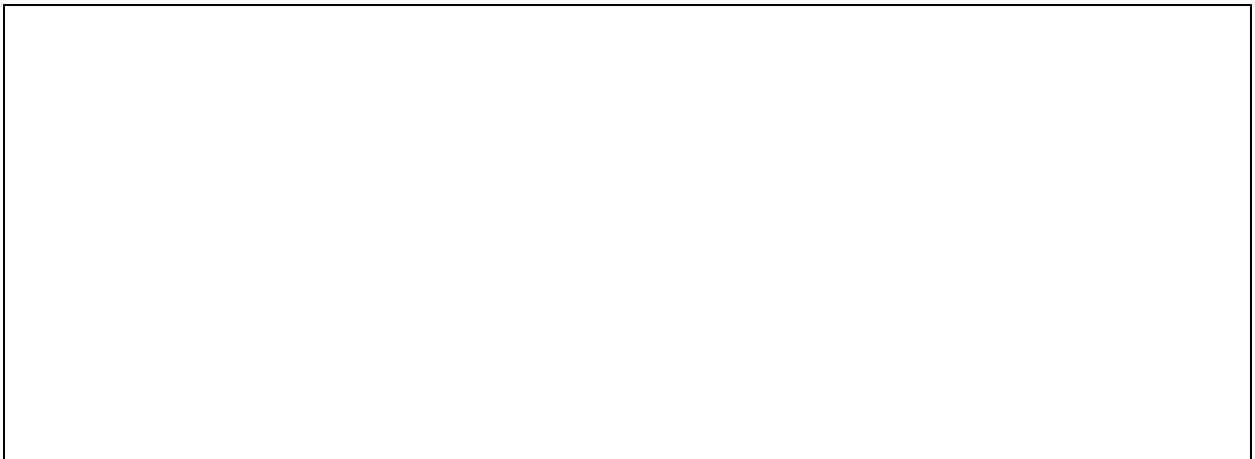
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Tip # 2 – Keep a journal of your daily achievements

Day 1

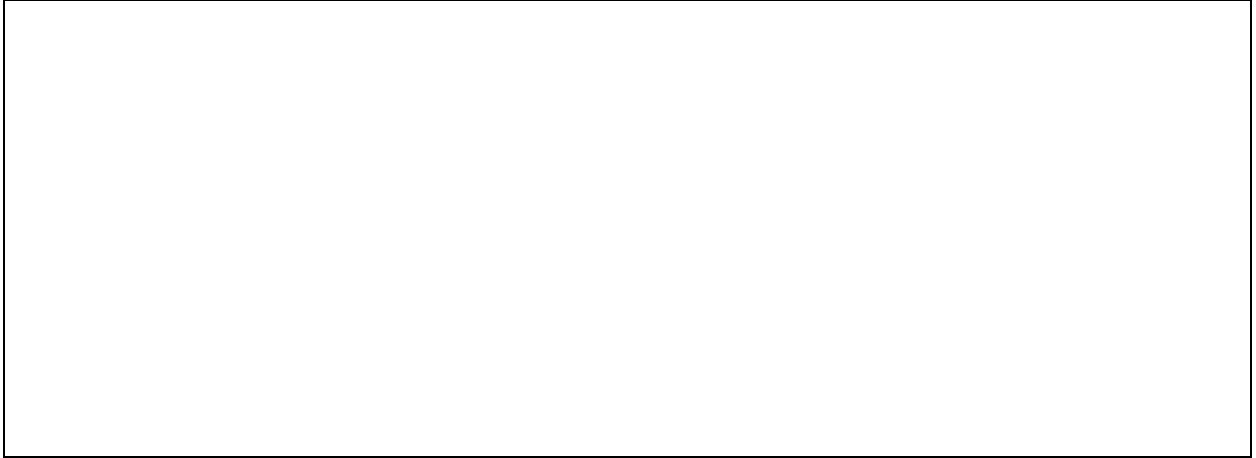


Day 2

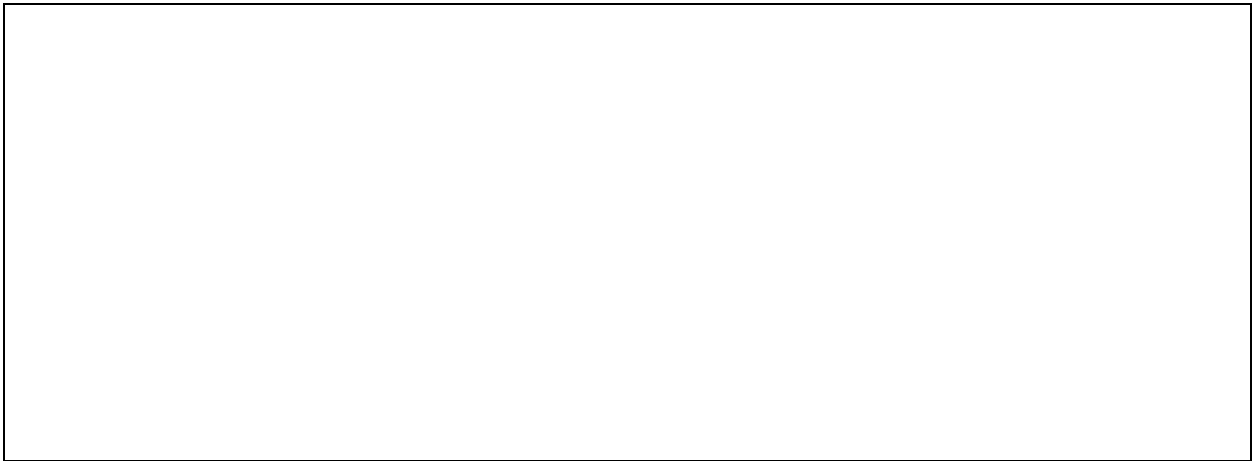


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Day 3

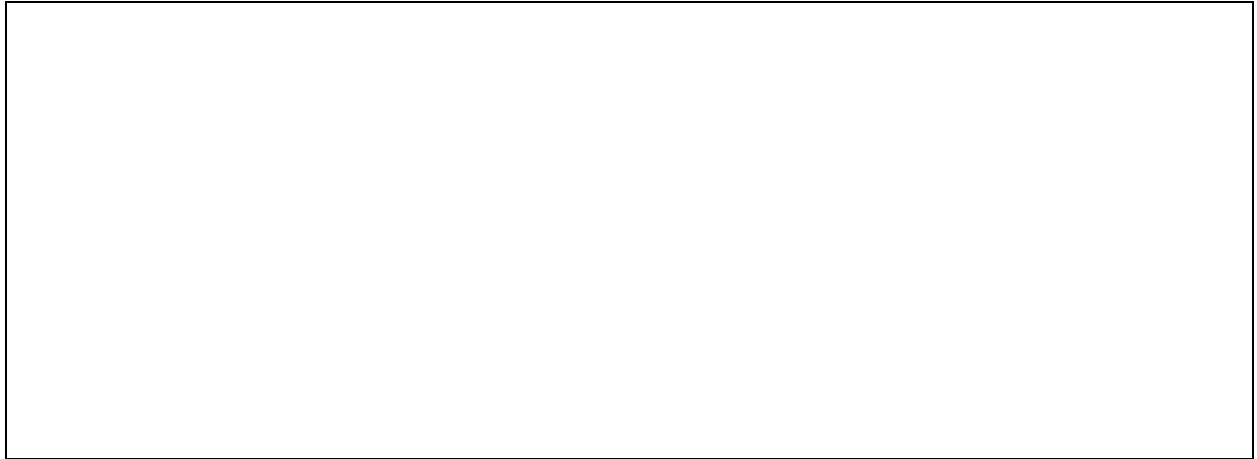
A large, empty rectangular box with a thin black border, intended for writing or drawing on Day 3.

Day 4

A large, empty rectangular box with a thin black border, intended for writing or drawing on Day 4.

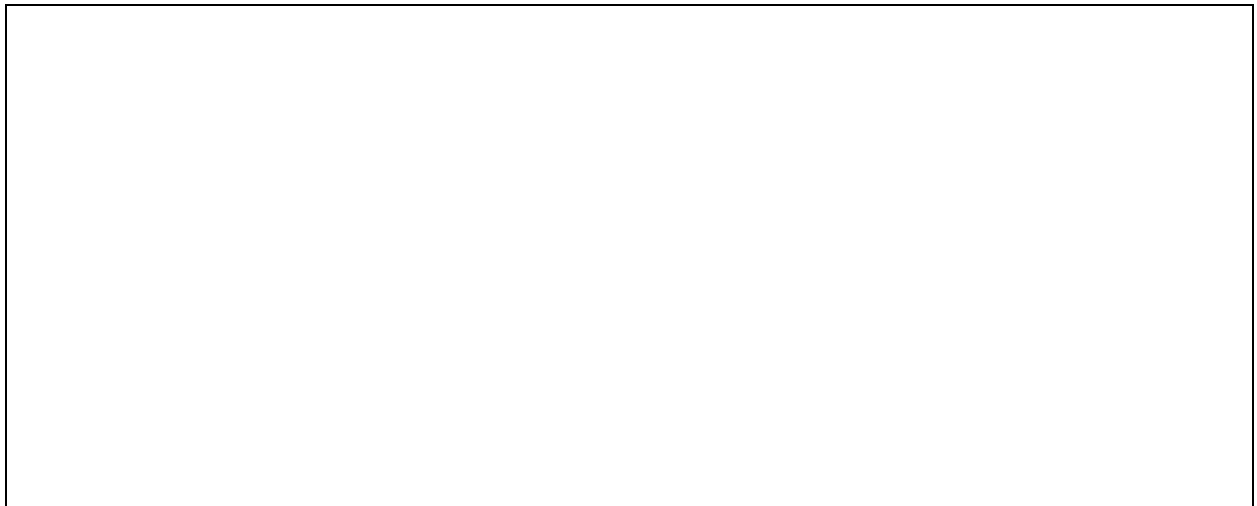
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Day 5



Tip # 3 – Focus on adding value

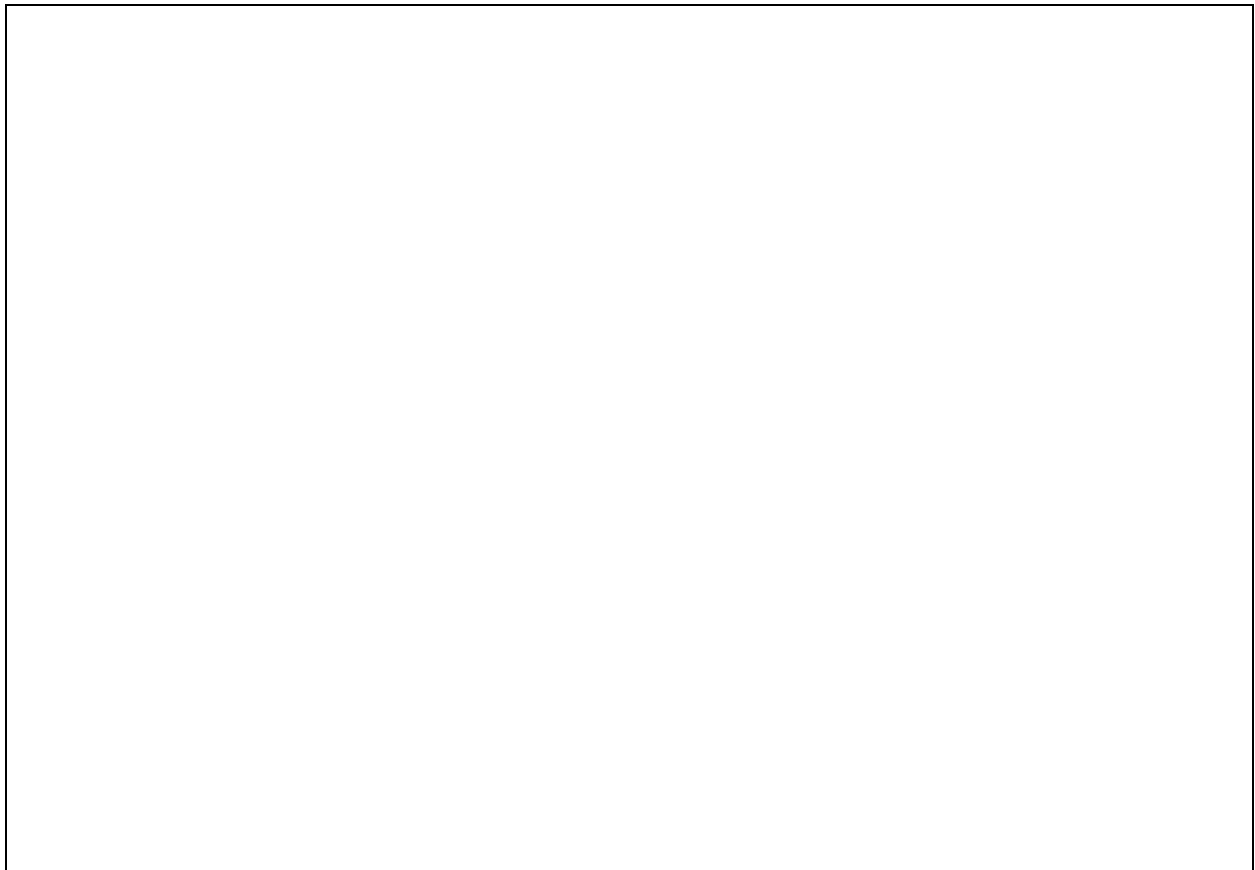
Make some notes here about what this means for you, and how it will help you combat Imposter Syndrome



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Tip # 4 – Use positive affirmations

Make a note of some positive affirmations you can use:

A large, empty rectangular box with a thin black border, intended for the user to write down their positive affirmations.

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Tip # 5 Accept that you feel this way and it's perfectly OK

Notes:

Tip # 6 – Talk openly about it

Notes:

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Lesson 11 – The power of habits

Make a note of any 'out of date' habits that you have that are cluttering your day.

A large, empty rectangular box with a thin black border, intended for the user to write down any 'out of date' habits that clutter their day.

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Notes and Learning points:

A large, empty rectangular box with a thin black border, intended for taking notes and recording learning points. The box is currently blank.