

EPISODE 6

FRAUD THOUGHTS AND FUNKY FEELINGS

Overcoming Imposter Syndrome and Self-Doubt at Work

THE CORE TRUTH

Imposter syndrome doesn't mean you're not ready. It means you're growing.

AND

The goal isn't fake confidence.
It's real coping power, and you can build it.

KEY TAKEAWAYS

- **Imposter syndrome is survival wiring, not a flaw.**
- **Self-doubt often spikes when you're doing something right.**
- **Confidence isn't a pre-condition for action.**
It's a side-effect of moving anyway.
- **Saying it out loud shrinks the shame spiral.**
- **You don't have to feel fearless.**
You just have to make one bold move through the wobble.

ACTION MOVES TO TRY

Download the Name Your Gremlin worksheet and translate that shady inner voice.
Say one imposter thought out loud to a friend, mentor (or your dog).
Start a "Happy File" of compliments, wins, and thank-you notes.
Take one small risk you've been overthinking: apply, ask, pitch, speak up.

**ONE
MOVE AT
A TIME**

CONVERSATION STARTER WITH YOUR BOSS

"I've been noticing how self-doubt shows up when I'm stretching. I'm working on building my confidence through action, can I get your feedback on how I'm doing?"

ADD THIS TO YOUR BOLD MOVES BANK

Print and post your favourite line from the Gremlin Cheat Sheet.
Journal one moment from this week when you moved anyway (even if you didn't feel ready).
Re-listen to Episode 6 when your inner critic starts whispering.
Write your own "I'm not faking it, I'm learning it" mantra.