

GET CLEAR ON YOUR REAL BULLY: IMPOSTER SYNDROME

WHAT IS IMPOSTER SYNDROME?

OXFORD DICTIONARY DEFINES IMPOSTER SYNDROME AS:

"THE PERSISTENT INABILITY TO BELIEVE THAT ONE'S SUCCESS IS DESERVED OR HAS BEEN LEGITIMATELY ACHIEVED AS A RESULT OF ONE'S OWN EFFORT OR SKILLS"



IMPOSTER SYNDROME CAN LIMIT INDIVIDUALS FROM BELIEVING THEY ARE CAPABLE OF ACHIEVING THEIR DESIRES, EXPERIENCING LIFE TO ITS FULLEST AND EXPLORING NEW & TRANSFORMATIVE OPPORTUNITIES.

RECOGNISING & RESPONDING TO IMPOSTER SYNDROME IS PARAMOUNT TO OVERCOMING THE BARRIERS THAT IMPOSTER SYNDROME MAY CAUSE IN YOUR PAGEANT AND PERSONAL DEVELOPMENT JOURNEY.

WHERE IN YOUR LIFE OR PAGEANT JOURNEY HAVE YOU EXPERIENCED IMPOSTER SYNDROME?

WHAT WAS THE NEGATIVE IMPLICATION OF EXPERIENCING IMPOSTER SYNDROME?

WHAT OPPORTUNITIES & EXPERIENCES DO YOU BELIEVE YOU COULD MAXIMISE AND ACHIEVE IF YOU WERE NOT STRUGGLING WITH AND INSTEAD WORKED TO OVERCOME IMPOSTER SYNDROME?
THINK BIG & TELL ME ALL YOUR ASPIRATIONS FOR YOUR PAGEANT AND PERSONAL DEVELOPMENT JOURNEY.

HOW CAN I WORK TO OVERCOME IMPOSTER SYNDROME?

REGARDLESS OF HOW IT IS FRAMED, IMPOSTER SYNDROME IS BASED ON HOW WE COMPARE OURSELVES TO OTHERS OR THE ASSUMED EXPERIENCES OF OTHERS.

WE FRAME OUR EXPECTATION OF WHAT SOMEONE WHO WE KNOW OR ASSUME DOES NOT EXPERIENCE IMPOSTER SYNDROME MIGHT BE THINKING, FEELING AND EXPERIENCING & HOW WE EXPECT THIS HAS OCCURRED.

HOWEVER, IN COMBATTING IMPOSTER SYNDROME IT IS IMPORTANT TO REMIND OURSELVES THAT REACHING OUR ACHIEVEMENTS IS NOT A LINEAR PROCESS.

FORCING GROWTH & PROGRESS TOWARDS OUR ACHIEVEMENTS WITHOUT INTRINSICALLY UNDERSTANDING THE NEED FOR US TO GROW, AND WHAT THE EXPECTED OR ACTUAL OBSTACLES OCCURRING ALONG THE JOURNEY ARE FOR US, CAN ACTUALLY HAVE A REVERSE EFFECT OF NOT VALIDATING & SUPPORTING OUR LONG-TERM GROWTH & PROSPERITY AS INDIVIDUALS.

WITH THIS IN MIND, WORKING TO OVERCOME IMPOSTER SYNDROME OFTEN MEANS ENGAGING IN DISCUSSIONS WITH THOSE WHICH WE ARE INSPIRED BY AND WANT TO BE MORE AKIN TO.

IF WE CAN'T PERSONALLY REACH THE PEOPLE WE ARE INSPIRED BY, OBJECTIVE CONSIDERATION & CRITICAL THINKING WITH THE SUPPORT OF OTHERS CAN ALSO OPEN UP OUR PERSPECTIVE & UNDERSTANDING OF HOW OTHERS JOURNEYS HAVE OCCURRED AND HOW WE CAN USE THIS KNOWLEDGE TO QUANTUM LEAP WITHIN OUR OWN.

WHO CAN I TALK TO ABOUT MY EXPERIENCES OF IMPOSTER SYNDROME, BARRIERS & HOW CAN I STAY ACCOUNTABLE TO WORK THROUGH THESE FEELINGS?



THOUGHT SPLASH