**~ Imposter Syndrome ~ Worksheet – May 2020**

Hey hey, Sugarplum.

Answer the below as your first step of self-awareness in this area before the tutorial.

No editing or judging your answers – whatever comes up is just perfect.

1. **Do you sometimes feel like everyone in the room has it all together, but you don’t?**

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1. **Do you ever get a creeping sensation that you are out of your depth and about to be “found out”?**

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1. **What sort of situations bring up these feelings?**

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1. **Would you class yourself as a high achiever?**

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1. **Do you sometimes feel reticent to speak up in case it shows you don’t know what you are talking about? When?**

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1. **Do you sometimes feel reluctant to ask for help? When? Why?**

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**7. In which situations have you felt like a bit of a fraud?**

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1. **Who do you most compare yourself to? How do you measure up?**

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1. **When and where do you feel absolutely in control, competent and confident in your ability?**

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**10. What are your three greatest accomplishments?**

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1. **What was the key to these accomplishments happening?**

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1. **What are the three best compliments you have been given personally?**

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1. **What are the three best compliments you have been given professionally?**

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*Good work, you!*

 *Now, go dive into the Imposter Syndrome tutorial and connect with your teaching principles and tools for the month – your answers above will be super useful as you work through and apply the learning.*

 *Onwards!*

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