

Imposter Syndrome



IPVAC Western Slope Conference



KNUTSON
SPEAKS
EDUCATE • TRAIN • INSPIRE

Imposter Syndrome



- PEOPLE WHO GET IMPOSTER SYNDROME
- OTHER PEOPLE WHO GET IMPOSTER SYNDROME
- LITERALLY EVERYONE ELSE (THEY ALSO GET IMPOSTER SYNDROME)

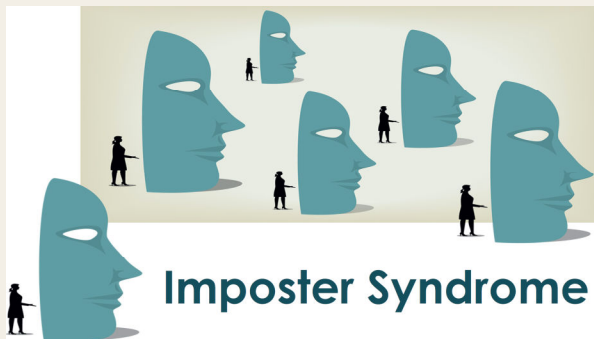
*Imposter Syndrome is a CONCEPT
not a diagnosis*

Imposter Syndrome:

What you say to yourself

How you respond to others

What Is Imposter Syndrome?



Symptoms include:

- Inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills.
- A collection of feelings of inadequacy that persist despite evident success.
- Inability to internalize accomplishments, however successful a person is in their field.

Low self-esteem

Perfectionism

Lack of self-confidence

What Triggers Imposter Syndrome?

Triggers:

New ideas ▪ Success

Opportunity ▪ Accomplishment

★ *Stories*

★ *Beliefs*

★ *Behaviors*



Fear of Failure vs.
Fear of Success

What Keeps Us From Moving Forward

Imposter Syndrome encourages you to:

- Play small
- Live in fear
- Be mediocre
- Worry about what other people will say
- Question everything that you do



What Keeps Us From Moving Forward

Dwelling on the past and worrying about the future

Doubting yourself

Thinking you are not ready

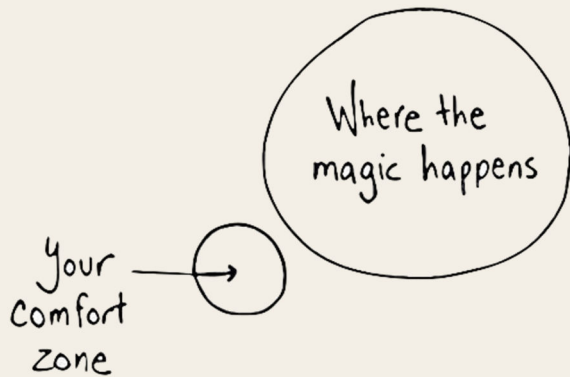
Procrastinating

Comparing yourself to others

Trying to do it all alone

Attempting to control everything

Fear and Self-Awareness



“EVERYTHING YOU WANT IS ON THE OTHER SIDE OF FEAR.”

- JACK CANFIELD



Metacognition

Consciously think about your thinking



Awareness is the greatest agent for change.

Eckhart Tolle

Failure

Reframe failure as learning opportunity

Failing Failure

Temporary

A setback / disappointment

Shows you are stretching yourself and pushing limits

Part of the journey

Opportunity to learn and grow

Being a Failure

Permanent

A mindset

Shows you have given up

End of the journey

Turning your back on learning and growth

Perception

What if you could:

Start attributing your success to your efforts

Focus on improving rather than proving yourself

Accept mistakes as part of the learning process



Have a mind **opened by wonder**,
rather than one closed by belief.

Possibilities

- Own your successes and your failures
- Look past limiting beliefs, perceptions, and mindset
- Pay attention to the stories you are telling yourself



*Remind yourself that you cannot
fail at being yourself.*

Wayne Dyer

*When you lose, don't
lose the lesson.*

- Mary Isabella

*The two things between you and what
you want are fear and a story.*

- Kari Knutson

Possibilities

Our deepest fear is not that we are inadequate.

Our deepest fear is that we are powerful beyond measure.

We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous?

Actually, who are you not to be? ...

And as we let our own light shine,

we unconsciously give other people permission to do the same.

- Marianne Williamson

Who am I to _____?

Who am I not to _____?



Kari's Get Big Out Loud Podcast

