

FIGHTING

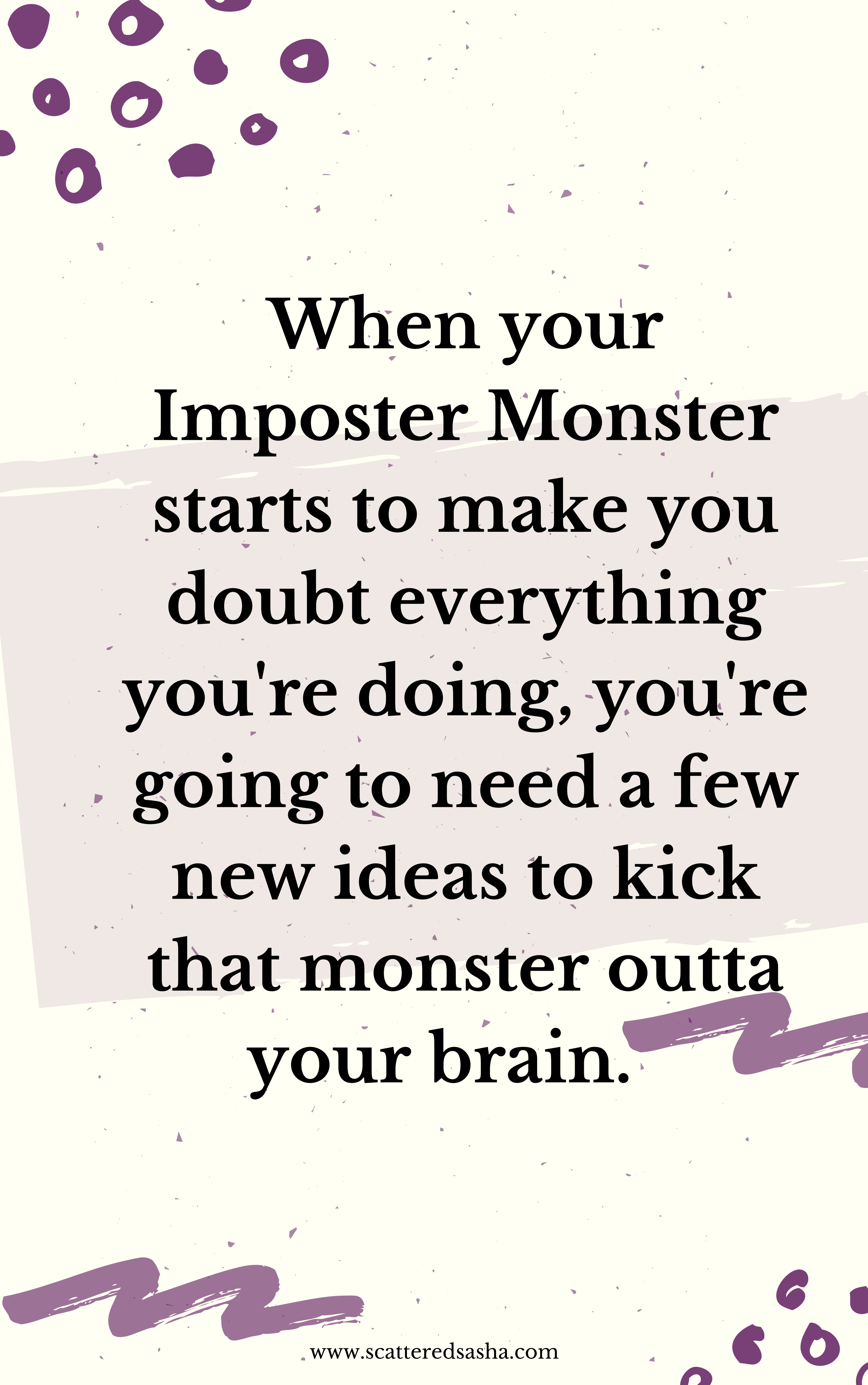
The
**Imposter
Syndrome**

INSIDE YOU !

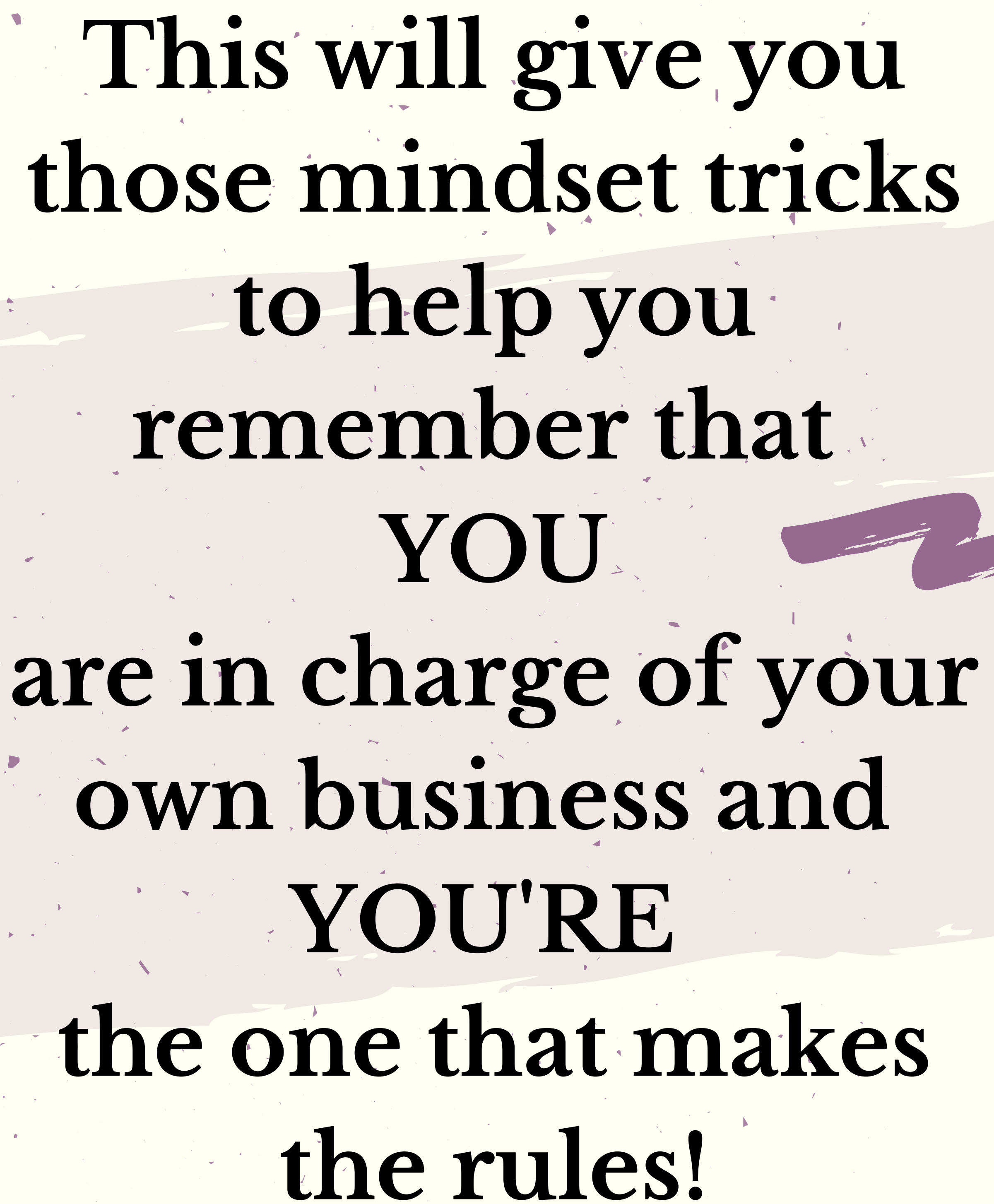
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**When your
Imposter Monster
starts to make you
doubt everything
you're doing, you're
going to need a few
new ideas to kick
that monster outta
your brain.**

The background features purple confetti and brush strokes. A large, light purple brush stroke is behind the text. Purple circles and dots are scattered in the top left and bottom right corners.


**This will give you
those mindset tricks
to help you
remember that
YOU
are in charge of your
own business and
YOU'RE
the one that makes
the rules!**




**First, let's think
about your
business goals
and how
you've already
focused on
what you
want to
accomplish...**



Ask yourself these questions:

1. What is your goal?
 2. Why do you want to achieve it?
 3. What about that outcome makes you desire it?
 4. Why do you want *that*?
 5. Continue asking yourself "WHY" until you get to the core reason for your goal.
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When you get to the
Big Enough
reason, you'll know it's the
right goal to have.





Now, let's talk Core Beliefs:

We all have core beliefs but sometimes those are wrong (like when they make you doubt your ability!), and you have to prove to *yourself* that they're wrong. You do that with doubt.



Write down 5 core beliefs that cause you to doubt yourself:

1. _____

2. _____

3. _____

4. _____

5. _____






Dismantling the OLD beliefs:

For each belief, what examples in your life or the lives of others can you use to disprove the beliefs you do not want?

(Write at least 3 pieces of evidence that EACH belief is either false or possibly not true, essentially knocking legs out from the table of your belief.)



New Beliefs:

Now that you've identified the core beliefs that are filling you with doubt, and dismantled them, it's time to build up new beliefs. And *here's* where *you* get to remind yourself that *you're* in charge.

What beliefs would you like to hold instead?

1. _____

2. _____

3. _____

4. _____

5. _____

Finally, Own those New Beliefs!

Strengthen the new beliefs by finding evidence to support each (at least 3 lines of evidence for each belief).

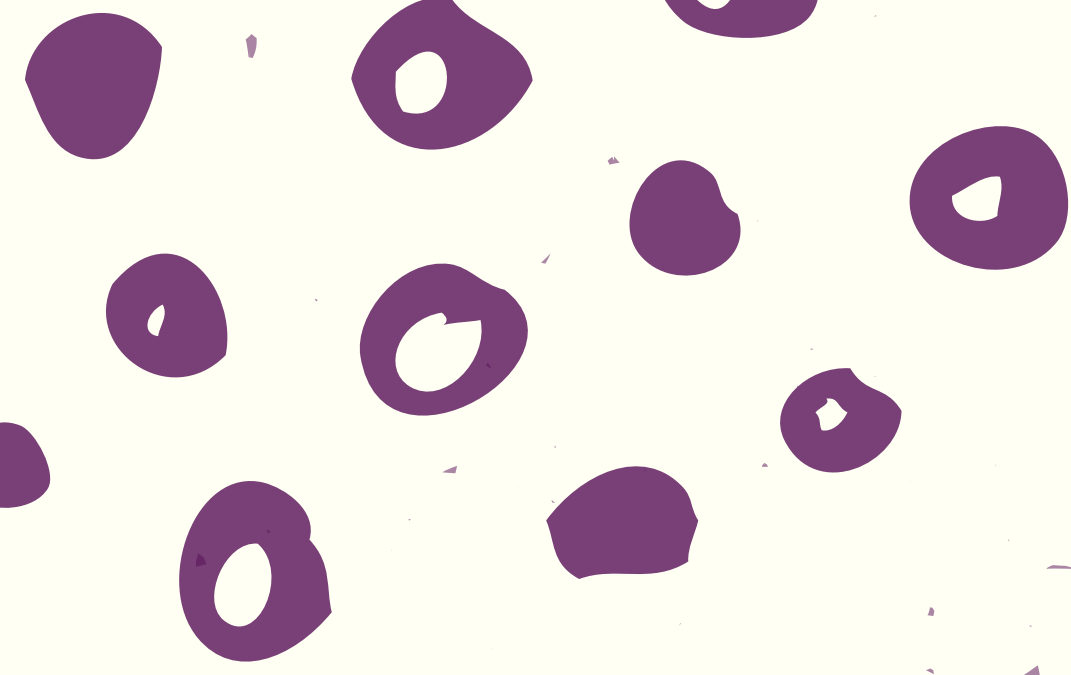
This image shows a full page of white paper with horizontal black dashed lines for writing. The paper is decorated with numerous small, irregular pieces of purple confetti or glitter scattered across its surface. A faint, light purple wash or smudge is visible in the upper-middle section of the page.

When you need a bit more!

Your brain has magical healing powers... no, really! When you repeat something often enough, your brain remembers it because it's *supposed* to. It takes cues from what you're doing and recognizes anything that is heard often must be something important.

Repeat your favorite until you believe it!


1. My business is a huge success.
2. I believe in myself and trust in my abilities to succeed in all that I do.
3. Being successful is natural for me.
4. Success, money and happiness come easily to me.
5. My work makes a difference.
6. I am smart and successful.



Personally Speaking...

And then some days...you need a pep talk just to get to bed time.

Repeat as often as necessary:

- I don't need permission to be happy
 - I am stronger than any negative thoughts
 - I recognize the wisdom in my years
 - I am allowing this day to bring me joy
 - I believe in myself fully
 - I am worthy and brave
 - I choose happiness today
 - I have unlimited potential
 - I will not compare myself to others
 - I am proud of my story
 - I will replenish my soul when needed
 - I remember my accomplishments
 - I have the map for my journey
 - I am unbreakable
- 

**Sending you
lots of
*Glitter & Grace!***

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»—love—»
Sasha