



# Defeating Imposter Syndrome

## Notes and Reflections

Define Imposter Syndrome and its effects on you in your own words:

Do you resonate most with Polly, Eddie, Natalie, Sam, Sandy or a mixture, and why?



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The ten steps to journey through Imposter Syndrome are:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



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Based on what resonated with me, my next steps are:



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Additional Notes: