

Imposter Syndrome

Workbook



Grow
with
Moxie



CLAIRE COUPLAND

Hey, I'm Claire, an accredited Transformational Coach and Teacher.

After a difficult childhood I went on a self awareness journey in my thirties that ultimately led me to coaching and becoming a coach myself.

The more I coach the more it love it. Giving others the space to unpick deep thoughts and sharing tools that can help them to move forward feels like something I have to do. Something I wake up excited to do each morning.

Claire x

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THE MOXIE METHOD

The Moxie Method is designed to give you the knowledge and skills to work with the thoughts and feelings you are experiencing. Empowering you to make the changes you know are right for you deep down.

All moxie method programmes, workbooks and courses are designed with getting you the result you want as quickly as possible.

Claire x

mox•ie

/ˈmɒk.si/ noun

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- Confidence; courageous spirit.
 - Determination; perseverance.
 - Skill; know-how.

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WHAT IS IMPOSTER SYNDROME

Defined as...

'The persistent inability to believe that one's success is deserved or has been legitimately achieved as a result of one's own efforts or skills.'

It shows up in so many ways and can be difficult to spot.

It can be not feeling ready to share a new thing.

Wanting to wait until you have everything perfect.

Not completing a task as it's not good enough.

Not sending newsletters, recording podcast episodes, showing up on social media or growing your business at all.

As new qualifications, new schemes and ideas, reinvention and avoidance.

It can be not feeling worthy of sales, so not actively selling your services, or doing it through gritted teeth, as we all have to eat.

Do you recognise any of these?

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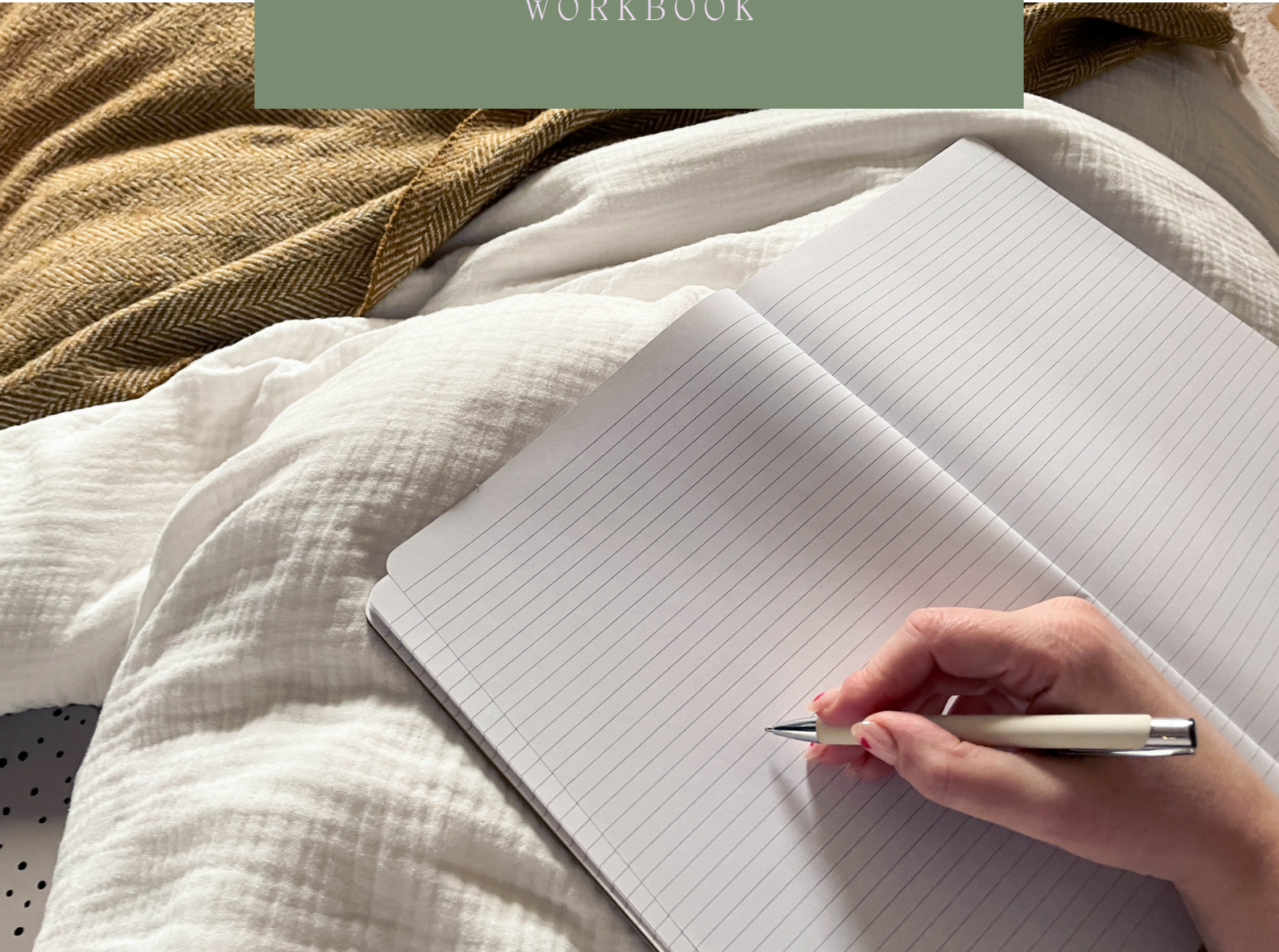
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HOW TO USE THIS WORKBOOK



A FOUR STEP PROCESS

I've created a four-step process to help you work through your imposter syndrome. The first step is a series of questions that will help you understand what's really going on. The second step is to create an evidence bank for when it strikes in future. Task three is about reframing self-talk with Growth Mindsets. And the final step is to visualise the future you.

I'd recommend you set the scene, get your favourite drink, light a candle and sit in your favourite spot.

THE FOUR STEP PROCESS



REFLECTION

Where is it showing up



EVIDENCE

*Create the counter
evidence*



REFRAME

*How to change the way
you think about it*



VISUALISE

*What do you want to
feel instead*

Step One - Recognise where it shows up and what happens as a result

When a client comes to a session with a feeling of imposter syndrome I talk them through the STAR Technique, asking them questions like the ones below to help them see what this feeling leads to.

I'd then work with them through the process in reverse to see how to achieve a situation that feels imposter free.

Task - work through the questions below. I'd recommend taking 30 minutes to yourself somewhere quiet, where you won't be disturbed. This work can go deep and interruptions can distract you from getting to the root of what's really going on.

Where does imposter syndrome show up?

Step Two - Create an evidence bank for when it strikes in future

When we feel the inability to believe our success is deserved we need evidence to dispute this thought.

The best way to do this is to have a brag sheet/ book/screen saver. So that when we doubt our ability we can quickly evidence this with our examples of when we have achieved something or felt proud.

Task - Create a place you can add all the good things.

Choose how you will capture this. Really think about what will work for you. Will you revisit and keep adding things to a journal or is a digital file/image better for you?

Things you can add...

- Job titles
- Qualifications
- Attributes
- Testimonials
- Nice things people have said
- Things you've overcome
- Key facts and figures
- Your values and how you work with them

Step Three - Reframing self-talk with Growth Mindsets

Growth Mindsets was adopted by the school I taught in for five years and had a huge impact on staff and pupils.

The concept discussed by Carol Dweck is that we can change our language to growing instead of closed verbs.

So I haven't done that becomes I haven't done that yet. And I don't know how to do that becomes I need to find out how to do that

By changing the negative into an opportunity to grow or change your language and therefore mindset becomes open to what's possible instead of shutting down.

Task - In the space add some thoughts that feel limiting and try to make them into growth thoughts instead.

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Step Four - *Visualise your success*

This can be done in two ways through a guided meditation or by creating a vision board.

Task -choose to work through one of the guided meditations or creates a vision board. You can of course do both.

Guided Meditation

I've created a guided meditation to help you visualise the future you. Click the link below, make sure you have a comfy spot where you won't be disturbed and bring a notebook and pen with you to jot down some notes after. You need to go to the meditation with an idea or dream you want to achieve in a year or 3 years' time.

[Guided Meditation](#)

Vision Board

- Gather magazines, papers, and materials. You will also need scissors, glue, tape and a large sheet of plain paper to stick your images on to. Be as creative as you like with this. You might also like to light a candle and play some relaxing music.
- Take your time to imagine what your future could look like. You might find closing your eyes and thinking through the things you've discovered throughout this process helpful. *Ask yourself, What would I like to be doing and experiencing in ... years' time?*
- Now to start looking for images that align with this vision of future you. Choose anything you feel drawn to, it doesn't have to make sense right now, if you like it add it to your collection.
- Start sticking the images to the paper in any way you like.
- One finished display the vision board in a place you'll see it daily.



THANK YOU!

I hope you've found this useful and you'll go forward and grow your business with it. I'd love to hear your thoughts, please drop me an email if you have any questions or comments on this book.

Claire x

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