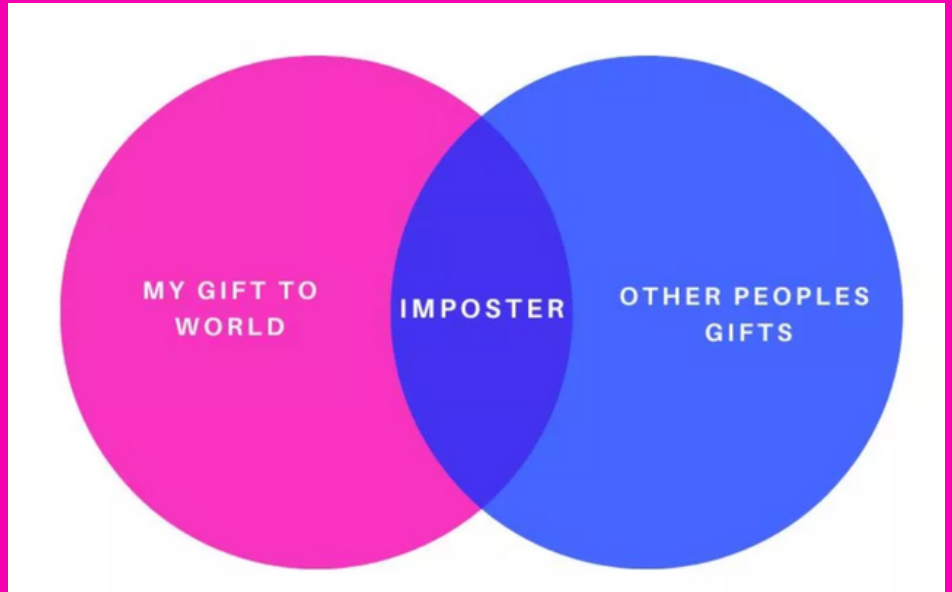


**TOP TIP**  
NAME her/him/they

# IMPOSTER SYNDROME



## NAME YOUR IMPOSTER!

Mine is Betty and she doesn't get to drive the sports car! I make the decision based on my thoughts and she sits on the backseat silently! If the dog comes with me I toss her out the window :)



## IMPOSTER IS PERFECT

Okay the imposter AKA Betty is the perfectionist, expert superwoman or genius in life. You are the realist and the gatekeeper of your thoughts. Betty is now fired!



## IT'S OKAY TO BE A- OR B

Not everything you do needs to be A+++ You will get by just fine being a A- or B student of life. Start to give yourself some credit for your achievements and breath through the wiggly thoughts.



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