

I'm an
Imposter!
Get me out
of here!!

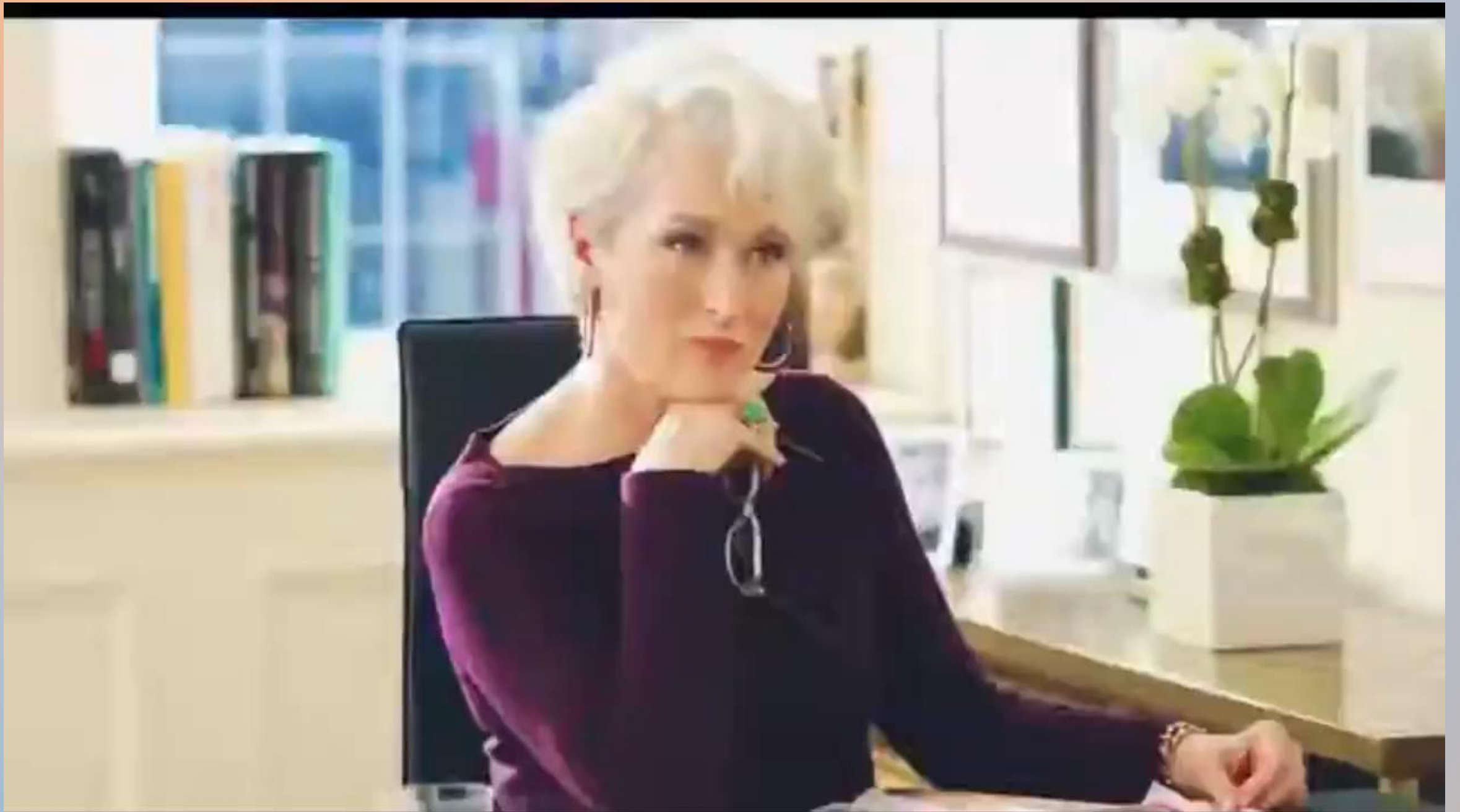


CONFESSION









They think you
don't know
what you're
talking about.

What a stupid
thing to say!

What have
you got to
offer?

You didn't even
finish school!

What would
you know
anyway?

I am the only one!!!

Or Am I?

INNER CRITIC FM

BRINGING YOU ALL THE IMPOSTER HITS



www.resettothrive.com.au Ph: 0408 847 858

info@resettothrive.com.au



What does your
inner critic say?

- ❖ Imposter Phenomenon
- ❖ Imposter Syndrome
- ❖ Inner Critic
- ❖ The Imposter
- ❖ Imposterism
- ❖ Fraud Syndrome
- ❖ Imposter Thoughts



Imposter Syndrome



70%





Thoughts aren't facts

It's time to change our experience with Imposter Thoughts



P

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I

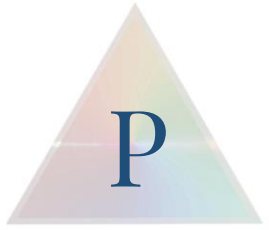
S

M

PRY DESIGN



A prism turns ordinary white light into a spectrum of beautiful colours.



POWER POSE

Power Pose





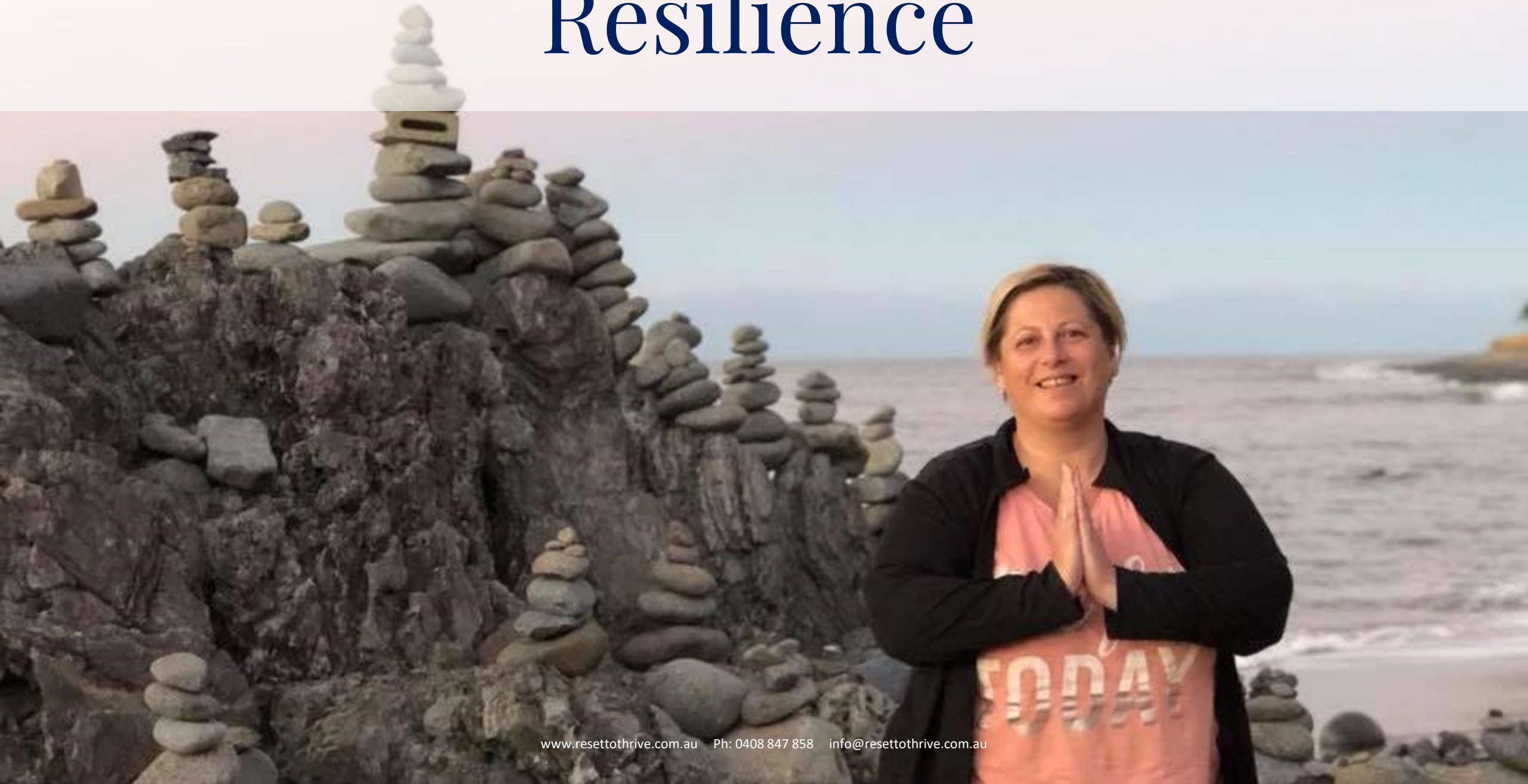
POWER POSE

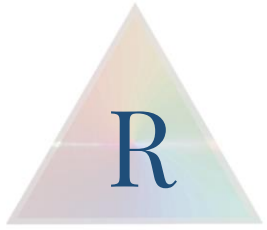
- Stand with your feet shoulder-width apart.
- Roll your shoulders back and down.
- Keep your chest open and slightly lifted.
- Place your hands on your hips.
- Think confidence
- Smile



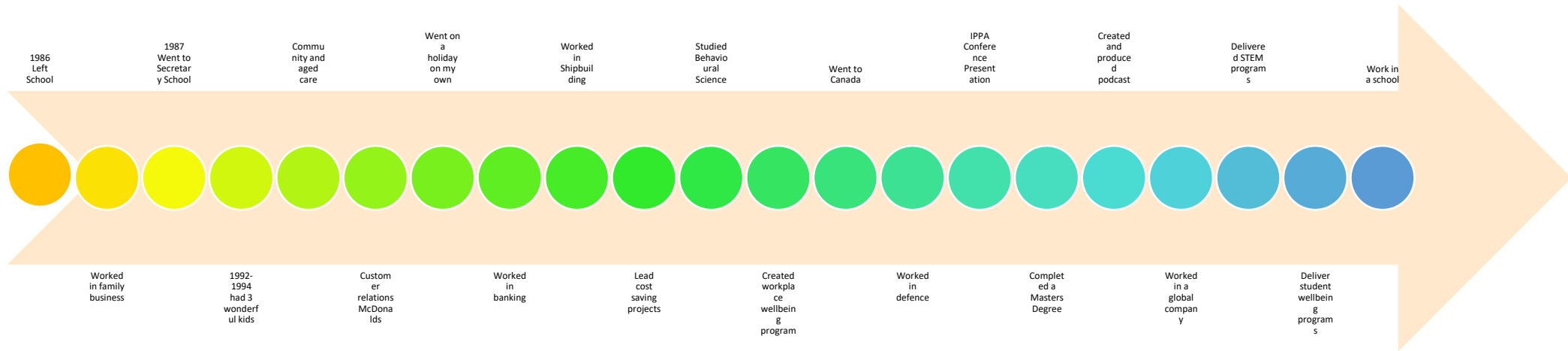
Resilience

Resilience





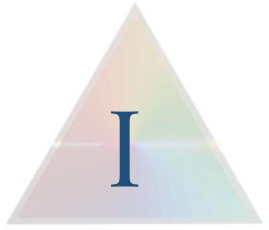
Achievement Map





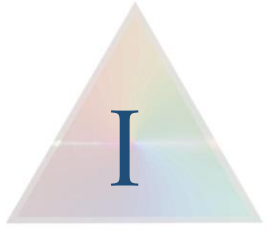
Reframe Imposter Thoughts

- Get comfortable with uncomfortable.
- Use doubt to motivate you toward success.
- Turn your ANT'S into PETS
- Reframe Imposter thoughts as an opportunity for growth.



Inner Coach

Inner Coach



Inner Coach

- What evidence supports this Imposter Thought?
- How can I challenge and reframe these thoughts?
- What's important to know here?
- What lessons can I apply from past experiences?
- Am I setting unrealistic expectations for myself?
- Who can I talk to for support, mentorship?



Self-Compassion

Self-Compassion





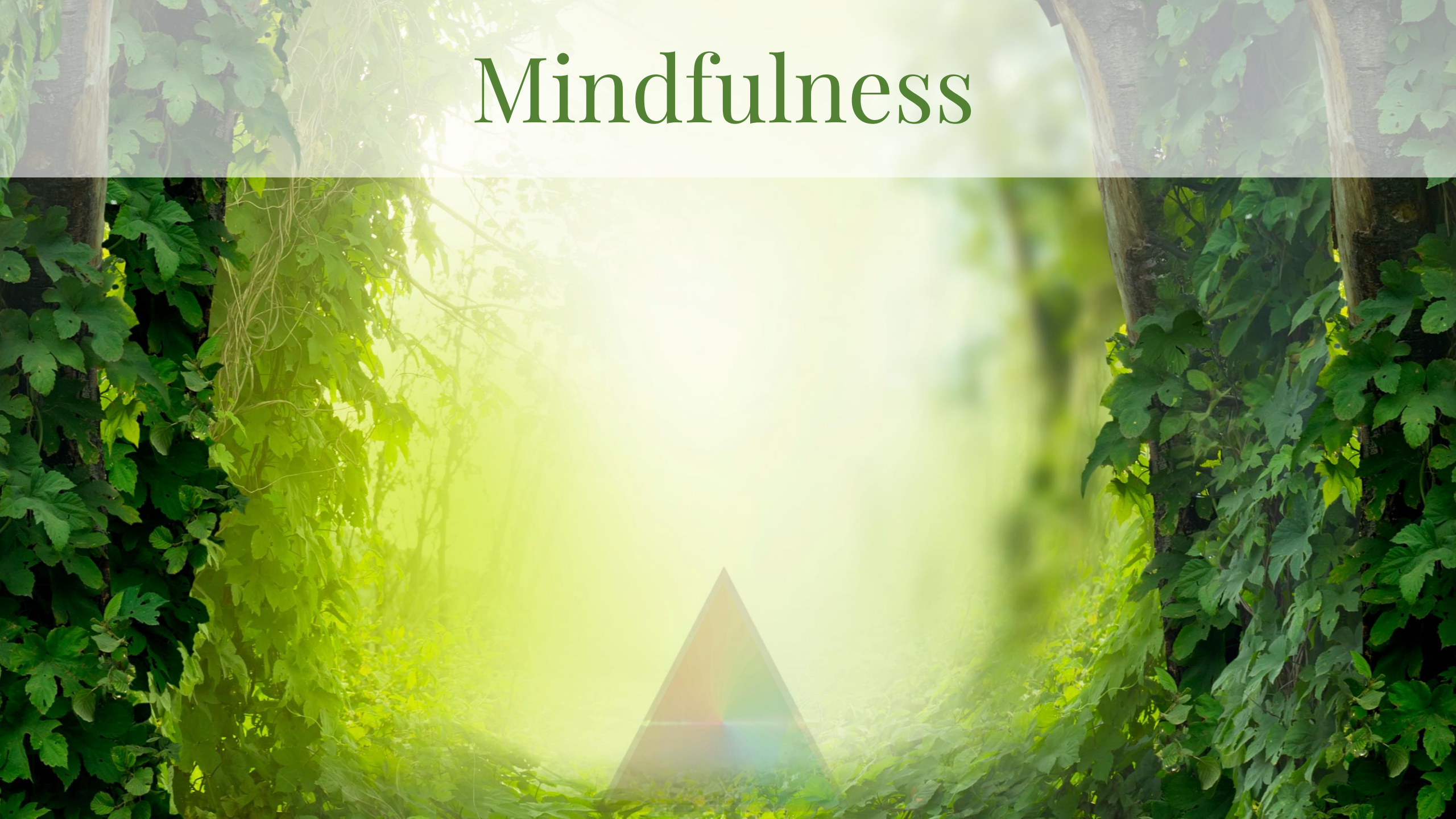
Self-Compassion

Acting the same way towards yourself as you would a close friend if you knew they were having these thoughts.



Mindfulness

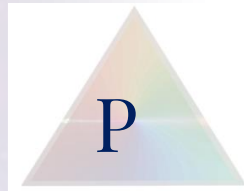
Mindfulness





Mindfulness

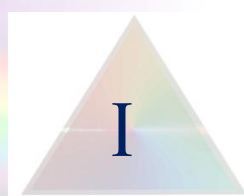
The practice of being fully present and aware of your thoughts, emotions, and sensations in the present moment without judgment



- Power Pose



- Resilience



- Inner Coach



- Self-Compassion



- Mindfulness

RESET TO THRIVE



The PRISM
takes our
Imposter
Thoughts and
empowers us
to shine our
unique and
beautiful light
out into the
world.

PRISM



**Inner Critic FM still
likes to play loud,
but now I have a
way of turning it
down so I can
shine my light.**

THANK

YOU

