Lots of people suffer with **‘Imposter Syndrome’** or something similar. Imposter syndrome is loosely defined as ‘doubting your abilities and feeling like a fraud’. **It tends to mainly affect high achievers** who find it difficult to accept their success and fear being ‘found out’. A little self-doubt can spur us on to prove ourselves wrong and be healthy. **Too much self-doubt can make us procrastinate, work too hard at something or it can stop us from trying something.** Self-doubt and feelings of inadequacy can Zap our Superpowers. When your Superpower of confidence goes, calm, clarity, courage and creativity can follow. When this happens, we can apply self-compassion and connect with our curious self. We can ask ourselves, **‘When did you earn the right to do this?”** At this point we can go to our ‘Success Tapes’ to find the answer. Here is how to create your Success Tapes

Success Tapes help you **internalise your success** to remind your **Highest Potential Self** that you have earned the right to be doing what you are doing, to have the role, status, recognition, promotion, or whatever other success you feel isn’t yours to have.

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“ I still have a little imposter syndrome…it doesn’t go away, that feeling you shouldn’t take me seriously. What do I know? I share that with you because we all have doubts in our abilities, about our power and what that power is.” - **Michelle Obama**

“While women do suffer from imposter syndrome, half of the included studies that reported evaluating a gender effect found no difference in the rates of men and women suffering from imposter syndrome.” - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7174434/>

**Allocate a section of your Journal for keeping a note of your successes/achievements/wins. You might want to title this section, ‘Success Tapes’.**

**Then get the first page started and start the exercise on the next page.**

*Think of a success/achievement/win you have had in life…*

*Now consider what made you able to achieve this win. Fill in the blanks:*

*I was able to ……………………………………………………………………………………………….*

*because I ……………………………………………………………………………………………………*

*……………………………………………………………………………………………………………………*

*Now think of as many successes as you can and complete the process for each success.*

Every day as you complete your Journal see what you can **add to your ‘Success Tapes’** list. Once you have added a new Success tape read through all the ones on the page above or before to **remind you of all your recent successes and how YOU earned them.**

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“I'm a success today because I had a friend who believed in me and I didn't have the heart to let him down.”  
― **Abraham Lincoln**