What is Imposter Syndrome?
Overcoming Imposter Syndrome

Separate feelings from fact
Just because you feel stupid/silly/incompetent doesn’t mean you are.

Develop a new script
“I may not know all the answers but I am smart enough to figure it out.”

Recognize there is no “right”
Recognize when it’s normal to feel fraudulent, and that you are allowed to ask for help.

Reward yourself
Learn to pat yourself on the back when you deserve it. Don’t hide from validation!

Break the Silence
Vocalize your feelings and recognize that others share similar sentiments.
Compare yourself to who you were *yesterday*, not who someone else is *today*.