

# Gladys Agwai

TAKE FEARLESS ACTION TO ACCELERATE YOUR GROWTH

## Overcoming Imposter Syndrome Your 30-Day Strategy



OVERCOME MIND VIRUSES  
& FIND WAYS TO COPE



UPCOMING ONLINE  
LEARNING EVENT





**At times in our lives, even the most successful leaders can struggle with Imposter Syndrome. What is imposter syndrome, you may ask? The Harvard Business Review describes Imposter Syndrome as "Imposter syndrome can be defined as a collection of feelings of inadequacy that persist despite evident success. 'Imposters' suffer from chronic self-doubt and a sense of intellectual fraudulence that override any feelings of success or external proof of their competence."-Data Source: <https://hbr.org/2008/05/overcoming-imposter-syndrome>**

**Overcoming Imposter Syndrome cannot happen overnight. However, the following is a 30-Day Challenge that you can participate in to get going in the right direction!**

# IMPOSTER

**Week 1: Gain clarity in knowing that Imposter Syndrome is a "Real Thing." You can learn more about it in my book, Imposter Syndrome, which can be found on Amazon by clicking [here](#).**

**Take the first week to read through the book to gain more insight around how to separate how you are feeling from facts and start recognizing what you may be unnecessarily beating yourself up about.**

**Week 2: Start making a note of your triggers and what causing you to feel Imposter Syndrome. Take the time to separate facts from your feelings and mind viruses, leading you to perceive reality. Also, start making a list of all of the positive things about yourself personally and professionally.**

**Week 3: Focus on how you will respond to rejection, failure, negative self-talk, and mind viruses. In my book "Imposter Syndrome," I step you through how to overcome mind viruses. Revisit that section to reevaluate how you would like to start responding.**

**Week 4: Develop a new way to speak to yourself. When faced with a situation that causes you to experience self-doubt, replay in your mind why you are qualified for the task by reminding yourself of your transferrable skills. Start to envision what success looks like so that you will know how to approach it when it arrives and feel comfortable in that space. Ultimately, you cannot be afraid to fail and learn as you go. Fear of failure can prevent you from taking yourself to the next level personally and professionally.**

**In conclusion, this 30-day process is a great start. Having a support network and staying on an ongoing improvement plan will be vital. Schedule your complimentary strategy session to see how you can stay engaged and on-track for success.**

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