



Do I have Imposter Syndrome?



Imposter syndrome is a concept describing high-achieving individuals who are marked by an inability to internalise their accomplishments and a persistent fear of being exposed as a “fraud.” It’s that voice of self-doubt that, despite our successes, keeps us feeling like we might fail, we might not be good enough, and we might get found out. According to the International Journal of Behavioural Science 70% of us experience it, do you?

Take this quick quiz to find out if Imposter Syndrome is impacting you:



1. I find it hard to accept praise
2. I focus on the things I’m not good at rather than my strengths
3. I think people overrate me and worry they’ll find out I’m not as good as they think
4. I often succeed despite being convinced I’ll fail before I begin
5. I tend to think those around me are better
6. I hate asking for feedback on my performance
7. People have called me a perfectionist
8. There have been jobs I’ve not applied for because I don’t think I’m ready yet
9. I’m working hard but still feel like I’m falling short
10. I have an inner critic that makes me doubt myself
11. I’m a bit of a procrastinator at times
12. I sometimes think my achievements have been a fluke or just good fortune

Count up the ticks and see your results over the page.

Is Imposter Syndrome is impacting you?

0-4 boxes ticked

This might resonate for you but it's not at the stage where it's eroding your confidence. You are good at what you do but sometimes your inner critic may have you doubt yourself. You may find this gets worse when you get out of your comfort zone or challenge yourself, like a new job. Prepare for that and understand this topic better by watching my [TEDx talk](#).

5-8 boxes ticked

Imposter Syndrome is at play for you and may have held you back in the past. It makes you second guess yourself, play it safe and miss opportunities. Get to know your strengths and celebrate your successes to help build your confidence. Take action before this self doubt worsens and view these [free resources](#) for more support.

9+ boxes ticked

Take action immediately, this is likely to be eroding your confidence and impacting your health. You'll be prone to overwork and often feel overwhelmed but overcoming imposter syndrome can help alleviate this. It's critical you get some tools and strategies in place to manage these feelings of self-doubt. I'd recommend taking the online course or coming along to a workshop but in the first instance download the [free mini course](#) and get instant tips to help.

Find out more

If you want to know more or would like to register for the Imposter Syndrome Workshop, please get in touch.

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