

Overcoming Imposter Syndrome

Mindfulness Exercise

We're often thinking about what will happen next – this afternoon, next week, next year – or what happened in the past. We have difficulty staying in the moment.

That's what mindfulness helps bring about. By being present you can put some space between yourself and your automatic reactions. In this way, mindfulness helps you break the connection between your imposter feelings and reality.

Practicing mindfulness is straightforward.

1. Set aside some time when you won't be interrupted. Try 5 minutes to start. If this doesn't work for you, then start with 2 minutes. You can work up to longer sessions if they're useful to you
2. Focus inward and observe the present moment as it is. Pay attention without judgment. You're not trying to quiet the mind but stay in the here and now
3. If judgments or thoughts come up, let them float through your mind and out the other side. Make a mental note of them and let them pass.
4. Gently bring your mind back to observing the present moment as it is. Mindfulness is the practice of returning again and again to the present moment.

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Record your impressions below:

Keep practicing mindfulness. It's a simple process but not necessarily easy!
Just keep doing it and results will follow.