



From Impostor to
Powerful

Worksheet
For the 5-Day Challenge



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From Impostor to Powerful **Worksheet**

This worksheet will be your notes, your planner and your map to breaking free of the impostor syndrome to become the powerful leader you are meant to be.

Follow along with us LIVE each day to complete this worksheet!

Session 1: Unearthing the Roots of the Impostor Syndrome

LIVE on January 6th, 2020 at 7 pm EST

The 4 pillars to breaking through the Impostor Syndrome:

Pillar 1: _____

Pillar 2: _____

Pillar 3: _____

Pillar 4: _____

What is the impostor syndrome?



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What impostor syndrome symptoms do you experience?

1. _____
2. _____
3. _____
4. _____
5. _____

When we address the _____ with cognitive or rational _____, we don't address the _____.

Our _____ provides the blueprint for how our _____ of the Impostor Syndrome _____.

You are _____ along your _____ path, treating _____ in a way that you would never _____.

You have to develop your _____ to power past your Impostor Syndrome symptoms.

Why do the needs of others come before your own?



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Homework to Complete On Your Own

Reflect on why you let your Impostor Syndrome symptoms get in your way & the impact they have on your leadership effectiveness and your success:

Select 3 Impostor Syndrome Symptoms and behaviors that you want to change to have the biggest impact on your leadership and your success:

1.

2.

3.

Post Your Homework: When you see our Day 1 Homework thread in the group, comment with the 3 Impostor Syndrome symptoms or behaviors you selected above. Posting means you are entered to win a Starbucks gift card.

****Be sure to post your homework each day to be entered to win prizes!**

Need help at any time? DM Heather Hilliard or any other member of our team.
We are here to work with you and guide you through the entire process!



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Session 2: Your Impostor Syndrome Script

LIVE on January 7th, 2020 at 7 pm EST

What is the impostor syndrome script?

We have to _____ the conversation we have with _____.

We have to _____ ourselves, asking questions without _____ them in a _____ way.

Automatic Negative Thoughts	Helpful, Positive Empowering Thoughts



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Homework to Complete On Your Own

Affirm your worth: "I AM ENOUGH"

Write down what it feels like when you affirm your worth using affirmations and helpful thoughts.

Post Your Homework: When you see our Day 2 Homework thread in the group, comment with how it feels to affirm your worth. You'll be entered to win an Amazon gift card!

****Be sure to post your homework each day to be entered to win prizes!**

Session 3: Rewrite Your Impostor Syndrome Story

LIVE on January 8th, 2020 at 7 pm EST

Everyone has a story.

- It comes from _____

- We use it to _____

- We conclude the behaviour of others _____

Our Impostor Syndrome Script gives us _____ as to what the _____ is all about.



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We are _____ our stories.

What is your Impostor Syndrome story?

How does this story make you feel?

Homework to Complete On Your Own

Write down your NEW STORY, your vision for your desired future state as a powerful leader. No editing or scaling back! Just the story of you being the star of your own show, the heroine of your own journey and the person you need to prioritize most in your life.



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Post Your Homework: When you see our Day 3 Homework thread, comment about what you want your new story to be. You'll be entered to win our neuro-psychological personality assessment plus detailed report on your leadership style!

****Be sure to post your homework each day to be entered to win prizes!**

Session 4: Reprioritizing Your Authentic Self

LIVE on January 9th, 2020 at 7 pm EST

Each of us has _____ and _____.

Because they come to you _____, might not think they are anything _____.

Impostor Syndrome causes us to focus on hiding _____
_____, resulting in the habit of _____
and _____ our talents, gifts and abilities.

What's your superpower?

Ditch the notion that _____ - _____ is _____!

How many hours / week do you spend in activities where you are the priority? _____

How many hours / week do you spend in activities where you prioritize the needs and desires of others? _____

How many hours will you prioritize yourself each week going forward? _____



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Homework to Complete On Your Own

What have you been told about being “selfish”?

What have you had to give up to put the needs of others first?

Post Your Homework: When you see our Day 4 Homework thread in the group, comment with what you have been told about being “selfish”. Bonus points if you add what you have had to give up to put the needs of others first. You’ll be entered to win a signed copy of our two books, *Who Are You Meant to Be?* and *So, You Think You Can Lead?*

****Be sure to post your homework each day to be entered to win prizes!**

Session 5: Saying Good-bye to the Impostor Syndrome

LIVE on January 10th, 2020 at 4 pm EST

You have to choose between the _____ of
the Impostor Syndrome OR a daily _____ to your



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5 Essential Ingredients to Leading Powerfully

1. _____
2. _____
3. _____
4. _____
5. _____

What resistance do you need to be prepared for?

What do you need to move through your resistance?

Homework to Complete On Your Own

Your Power to Lead Commitment – 1 new habit that you will introduce or 1 old habit that you will work towards breaking as a result of this training:



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Post Your Homework: When you see our Day 5 Homework thread in the group, post the word POWERFUL once you have added timeblocks to your calendar to follow through on your commitments to yourself based on your roadmap. You'll be entered to win our 4-month Quick Start Leading With Authority Training Program.

****Be sure to post your homework each day to be entered to win prizes!**

BONUS COACHING PLUS Q&A SESSIONS WITH HEATHER

January 11th, 2020 at 11 am EST - **Coaching Session**

- › Case studies plus specific strategies to shift from the Impostor Syndrome to your desired future state, your coaching questions answered live

January 12th, 2020 at 4 pm EST - **Q&A Session LIVE**

- › All your posted questions answered plus any live questions to keep your momentum going through the Challenge and beyond.

January 13th, 2020 at 4 pm EST - **How to Lead Powerfully**

January 14th, 2020 11 am EST - **How Female Leaders Actually Develop**

(Watch the Facebook Group for updates to the bonus sessions!)

We want to make sure you feel supported and clear every step of the way.

***If at any point you have additional questions or feel stuck, feel free to
private message Heather Hilliard so we can help!***

