

FIGHTING

The
Imposter
Syndrome

INSIDE YOU!

Presented by:

Sasha Gray

www.scattereddsasha.com

**When your
Imposter Monster
starts to make you
doubt everything
you're doing, you're
going to need a few
new ideas to kick
that monster outta
your brain.**

**This will give you
those mindset tricks
to help you
remember that
YOU
are in charge of your
own business and
YOU'RE
the one that makes
the rules!**

**First, let's think
about your
business goals
and how
you've already
focused on
what you
want to
accomplish...**

Ask yourself these questions:

1. What is your goal?
2. Why do you want to achieve it?
3. What about that outcome makes you desire it?
4. Why do you want *that*?
5. Continue asking yourself "WHY" until you get to the core reason for your goal.

When you get to the
Big Enough
reason, you'll know it's the
right goal to have.

Now, let's talk Core Beliefs:

We all have core beliefs but sometimes those are wrong (like when they make you doubt your ability!), and you have to prove to *yourself* that they're wrong. You do that with doubt.

Write down 5 core beliefs that cause you to doubt yourself:

1. _____

2. _____

3. _____

4. _____

5. _____

New Beliefs:

Now that you've identified the core beliefs that are filling you with doubt, and dismantled them, it's time to build up new beliefs. And *here's* where *you* get to remind yourself that *you're* in charge.

What beliefs would you like to hold instead?

1. _____

2. _____

3. _____

4. _____

5. _____

When you need a bit more!

Your brain has magical healing powers... no, really! When you repeat something often enough, your brain remembers it because it's *supposed* to. It takes cues from what you're doing and recognizes anything that is heard often must be something important.

Repeat your favorite until you believe it!

1. My business is a huge success.
2. I believe in myself and trust in my abilities to succeed in all that I do.
3. Being successful is natural for me.
4. Success, money and happiness come easily to me.
5. My work makes a difference.
6. I am smart and successful.

Personally Speaking...

And then some days...you need a pep talk just to get to bed time.

Repeat as often as necessary:

- I don't need permission to be happy
- I am stronger than any negative thoughts
- I recognize the wisdom in my years
- I am allowing this day to bring me joy
- I believe in myself fully
- I am worthy and brave
- I choose happiness today
- I have unlimited potential
- I will not compare myself to others
- I am proud of my story
- I will replenish my soul when needed
- I remember my accomplishments
- I have the map for my journey
- I am unbreakable

**Sending you
lots of
*Glitter & Grace!***

You can find me:

www.scattereddsasha.com

fb/Scattered Sasha

sasha@scattereddsasha.com

» *love* »
Sasha