**Impostor syndrome**

One day, as I started my typical work routine, something unexpected happened. It was a normal day, and I was feeling great. I was managing a new project, and it was going swimmingly. But on that day, I heard a voice inside my head: “I’m a fraud.”

I tried to shake it off, but the doubt kept nagging at me. The thoughts kept coming.

“What gives you the right to be here?” “Who are you to be leading this project?”

I figured it was normal doubt, but it made me wonder. Was I a fraud?

I had a case of impostor syndrome.

***Let's assume that I’m being too perfect in delivering the project and caring about most details and missing deadlines, this could make me feel like a fraud.***

**How to overcome this situation?**

## **Focus on progress, not perfection:**

I can still have to be detail-oriented to an extent, but I don’t obsess over every little detail. Don’t keep my eyes fixed on my feet to count my steps. Instead, set my sights on the finish line

1. **Acknowledge the problem:**

Once I admit it, I identified my problem, and that’s important.

When I identify my impostor syndrome, all those feelings of not being good enough are no longer *mine*. They belong to the impostor syndrome.

And I’ll realize that I have no reason to have those feelings.

1. **Turn a curse into a blessing:**

Impostor syndrome doesn’t have to be your Achilles’ heel.

In fact, it doesn’t have to be a bad thing at all. It’s a learning experience.

Often, when we go through hard times in our lives, we come out on the other side a much better person than we were before.

**Strategies and Actions :**

I will be following up these strategies and implement it in my day to day action

1. Embrace the Feeling
2. Be Kind to MySelf
3. Let go of Perfectionism
4. Distinguish Humility & Fear
5. Track my Success