Imposter Syndrome

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LIGHTHOUSE LABS

What is Imposter Syndrome?

Imposter phenomenon
Impostor experience
Impostor syndrome

the idea that you've only succeeded due to luck, and not because of your talent or qualifications

your journey

5 hats of Imposter Syndrome

➔ The Perfectionist - set excessively high goals for themselves

➔ The Superwoman/man - trying to do extra work

➔ The Natural Genius - trying to learn/do something quickly

➔ The Soloist - trying to do/solve problems alone

➔ The Expert - trying to know or master everything

Overcoming Impostor Syndrome

➔ acknowledging & accepting the feelings or thoughts

➔ value constructive criticism

➔ ask for help

➔ continue to practice the skill

➔ know what you don't know

continue to practice code & upskill

Some resources

➔   Hacker News

➔   JavaScript Weekly

➔   Frontend Focus

➔   CSS Tricks

➔   Smashing Magazine

Some tools to combat Imposter Syndrome

➔ S.M.A.R.T Goal Setting

➔ Personal Professional Development Plan

➔ Open Source Study & Contributions

➔ Attending Community Events (see Eventbrite)

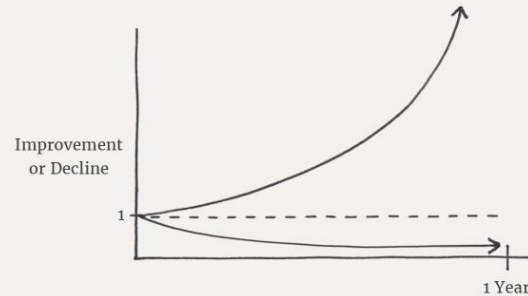➔ Volunteering

➔ Online & Slack Communities

Sandeep's top 3 career tips

➔ Be nice

➔ Be 1% better

➔ Stay hungry, stay foolish

The Power of Tiny Gains

1% better every day $1.01^{365} =$ 37.78

1% worse every day $0.99^{365} =$ 0.03

Improvement or Decline

1

1 Year

JamesClear.com

Questions?