



Affirmations for Overcoming Imposter Syndrome

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By Coding Blonde

Hey friend,

I want to congratulate you for taking action! You are ready to stop feeling like a victim but become empowered by your growth. I'm excited to share a list of affirmations I wrote specifically for those who deal with imposter syndrome, use it however feels right to you.

If you're new to affirmations, it might feel strange at first, it did for me! But I want you to take this seriously and give it your all.

Repeat them out loud a few times, say them in your head or write them down - do you, but make sure that you truly take in the meaning of those words and feel them. Believe them. And if you feel like mix and matching any of these, adding your own, tweaking the word choice or transforming them in any other way - please do your thing!

Daily Affirmations:

- I'm in control of my life and career
- I'm strong, I'm creative, I'm talented, I'm bold, I am enough
- I'm growing every day and I'm grateful for it
- I'm proud of who I am today and of who I will be tomorrow
- I'm great at my job and my colleagues recognise my talents
- I'm excited about the learnings today will bring
- I'm ready and excited to take on the challenges of today
- Everyone recognises the value I bring to the table and so do I
- I have so much potential and talent, I'm excited to apply it all today
- Today is going to bring me new discoveries and opportunities for growth
- I'm happy with where I am and with where I'm going in my life and career
- I'm on a wonderful trajectory towards success and I define what success means to me

And remember, you are in control of your life!

xx Masha