



Imposter No More webinar

February 23, 2022

1. List your top imposter beliefs i.e. not being as smart as, not as good at your job, not as good a parent.

2. What triggers your imposter beliefs? I.e. leading a meeting, giving a presentation, seeing other's success on social media.

3. As you bring to mind one of your top imposter beliefs, what do you experience physically? Notice areas of tension, whether your heart rate is elevated, or your breathing is deep or more shallow than at rest.

4. What would be different for you if you didn't experience these imposter beliefs?



MANAGING IMPOSTER BELIEFS STRATEGY #1: FOCUS ON YOUR STRENGTHS

Circle which of these is most accurate for you:

- | | | |
|-------------------------------|------------------------------------|--------------------------------------|
| <i>1. I tend to notice...</i> | <i>2. I focus more often on...</i> | <i>3. I pay more attention to...</i> |
| My strengths | What I've accomplished | What's going well |
| My weaknesses | What I haven't accomplished | What isn't going well |

My typical ratio of self-promoting to self-defeating messages is: _____.

My top strengths include:

- | | | | |
|-------------------|-----------|------------|-------------------------|
| Love of learning | Patience | Compassion | Problem-solving |
| Creativity | Humor | Leadership | Relationships |
| Persévérance | Courage | Positivity | Big picture perspective |
| Critical thinking | Curiosity | Gratitude | Fairness |

List a few ways you can utilize these strengths to manage your imposter beliefs:





MANAGING IMPOSTER BELIEFS STRATEGY #2: PRACTICE MINDFULNESS

Number of thoughts: _____

How will you utilize mindfulness to help you manage your imposter beliefs?

- Question the veracity of your thoughts
- Practice letting go of imposter thoughts
- Meditate

MANAGING IMPOSTER BELIEFS STRATEGY #3: BUILD COMPASSION FOR YOURSELF

Take self-compassion breaks:

This is a moment of suffering. Suffering is part of life. It's normal and expected that I struggle in this way.

I am doing my best. In this moment, I don't have to fix this.

May I be kind to myself in this moment.

May I give myself the compassion I need and deserve.

May I forgive myself in whatever ways will help me.

May I care for myself just as I would care for a loved one in need.

Self-compassion resources:

1. A lay article by the lead self-compassion researchers: https://www.mindful.org/try-a-self-compassion-break/?mc_cid=b046eacdd1&mc_eid=ca4fd8dd4b
2. A compendium of self-compassion research: <https://self-compassion.org/the-research/>
3. A blog from Dr. Gazelle on self-compassion for physicians: <https://www.gailgazelle.com/self-compassion-mindfulness/>



Gail Gazelle, MD, MCC
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Visit us at www.gailgazelle.com or email us at info@gailgazelle.com



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