



EMBRACE YOUR INNER IMPOSTER

7 ways to overcome negative self-talk to
embrace success in your career and life.

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INTRODUCTION

You're not imagining it, there is an actual voice inside of your head that tends to shoot you down when you want to give yourself a high-five or act on something that can move your career to the next level. You have a thought to do something that will help you improve in an area of your life – relationships, home, health and then suddenly you stop.

You can't do that.

You won't hear back from that person.

Why would they want to help you?

What if your opinion is wrong? Do you want to look foolish?

These are the usual scripts that run off in my head. I'm sure you've got your own negative self-talk that runs the show as well. Here's what successful female leaders have shared with me:

I'm not good enough to do more; I don't have the requisite dedication.

I don't feel as though I've done a good enough job.

It was really a group effort. I helped to get us organized but I didn't do it by myself.

I have a hard time recognizing that I've actually achieved anything. Most of the time, it feels like I'm just spinning my wheels.

Can you imagine ever speaking to someone with the same harsh criticism that you give yourself?

Intuitively, I believe this voice of ours is meant to help us grow. I think that without this mental stop sign, we would never stop to listen to our higher spirit and ask, "What is showing up for me in this moment?"

As contradictory as it seems, I believe that Imposter Syndrome actually pushes us forward to act anyway, in spite of self-doubt. I believe that it's a gutsy reminder to us as humans to believe in ourselves and stay grounded.

When you are grounded in who you are, no one can shake you down. You keep moving your feet.

I often refer to this voice as the inner crow squawking in my ear, just so I can give it a physical presence. Sometimes I refer to it as Ego Eli to have some fun with it and not take myself so seriously.

We don't have to like it, but we do need to know that this "thing", whatever we want to label it as, is not a figment of our imagination. It's trying to keep us safe. It's trying to help keep us warm inside and away from the unknown which was necessary to survive back in our primal human days. We needed to know that touching fire would burn our skin.

Today this voice is just as protective. It keeps us on guard if we, for example, were to walk into a pitch-black parking lot by ourselves and reminds us to stay safe. From a survival standpoint, we need Ego Eli. We do not, however, need to be given 10 reasons why we would fail or be rejected. That kind of thinking does not serve us; we have evolved, but it's living, breathing and acting as if we are still in pre-civilization period.

In order to keep yourself grounded and stay the course with whatever you want to achieve in your life, you don't need to resist Imposter Syndrome. You just need to be willing to use the tools to deal with it. That's why I'm writing you here, because we've all been in those shoes and have experienced Imposter Syndrome. That inner crow never really goes away. I've come to embrace it as the third-party uninvited guest that it is, who never gets the hint to leave!

I'm sharing 7 strategies to embrace your Inner Imposter and act anyway. I invite you to not just embrace *better feeling* thoughts. I'm inviting you to listen to your gut instinct and feel the intuitive hits that come from your body. They are nudges willing you to act and be uncomfortable. Without tuning in to that sixth sense, any advice shared here will become shelf-help. No guts, no glory. That's our mantra back at [In Our Shoes](http://www.InRShoes.com), a gutsy village of mindful empathic professionals who recognize that it's time to toot their own horn, even if they cringe at the very thought of it. I'm guessing that these are your shoes too.

Enjoy this report. It was written from the perspective of hundreds of professionals who have been in your very shoes. You're not alone. Consider it a test of resilience and make it a game. In many ways, it is a game. The more confidence you build, the less resistance you have to your Inner Imposter. You stay steady and sure about deserving happiness and success.

Pushing never works. When you push something or someone away, you only get more of what you don't want. When you shift your point of view, you are saying, "Thanks inner crow. I've heard you. Now I'm going to focus on my greater vision. Have a nice day, bye!" This can actually be a fun game. 😊 Alright enough small talk, let's dig in!

p.s. A [companion walkthrough of this report](#) is available for you to listen to, as an audio replay. [CLICK HERE](#) to listen to companion audio program.

1 COMMIT TO ACKNOWLEDGING DAILY PROGRESS

- ❖ Open up a journal and for 21 days, commit to writing down the progress you have made in any area of your life.

I drank 32 ounces of water today.

I stayed calm when I heard my boss is going to be moving on to a new role.

I signed up for that class I've been procrastinating on.

I kept my cool when my 5-year old tested my patience last night.

Write whatever shows up for you. Be good to yourself and allow a stream of consciousness to flow and get it all down on paper. Do this especially on the days when you feel a lower energy level. I invite you to really own the little wins you have made because they will inevitably turn into big ones.

You can call this your Victory Log. Consider the times when you had received praise for a job well done or high-fived yourself when you didn't have it all figured out. Keep an e-mail folder of those moments or write them down in your journal. Often, we forget our achievements or small wins. What did you do well? How can you recreate that again, today? Own those compliments, they are grateful gifts! In business, we speak to numbers all day, every day. They track our performance and drive how well we are perceived to be creating results. Why not do the same with your successes? Keep a journal of everything you've done that you are proud of, have been given positive feedback on and have owned internally as positive. Then go back and read all of those wise words, they are all true.

2 THANK YOUR INNER IMPOSTER

- ❖ When you hear negative self-talk creeping in, say 'Thank you, NEXT!' Acknowledge that you heard it and move it aside just as you would if you were standing on a stage and there are dozens of people waiting in line to meet you, but they can't because you've got this lingering guest holding up the line. Say it out loud: "Thank you, NEXT!"

You can't meet all of these new and exciting people if you let your Inner Imposter hold up the line. I don't say this figuratively. There are many people who need to work with you and can't wait to meet you. It's a non-negotiable to gently escort Inner Imposter out of the room so you can meet your raving fans. Treat it as a third party as if it were sitting right next you. Stare at it and say, "Thank you, NEXT!"

When you find yourself critical of any given situation, try saying: "Cancel, cancel". This is helpful to say when you make a negative comment that doesn't make you feel good.

For example, if you sit down in a restaurant and look around and see how crowded it is and all of a sudden think: "Oh my god, I'll be here all day. I was just looking to have a quick meal. Why don't they hire more people?"

Say "Cancel, cancel".

3 RECORD THE JUDGEMENTAL THOUGHTS

- ❖ When you're faced with making a difficult decision, write down all of the things your ego is telling you with no judgement.

You're not experienced enough.

You don't know how to make a career transition.

It's a big risk, where will you be if you fail?

Do you really want to put all your eggs in that basket?

Look at how successful she is. You'll never be able to accomplish what she's done in a million years.

Just write it all down and let it flow. When you externalize the negative self-talk, you diffuse it. This weakens its grip on you because now it's not just inside your head. It's now sitting right there on paper. You're "outing" it, pulling it out of the closet and daring it to come out into daylight to survive. Think Gremlins: "Bright light, bright light!"

Now let's turn those sentences around. If you are feeling uncertain and indecisive, journal out the words: "I am sure and steady." Turn every critical thought around with one that has a desired feeling. It's the feeling that your words convey, that matters. Your body knows the truth and will respond to those new statements.

I am good enough.

I am not one-hundred percent ready but I'll figure it out. Because I always have.

4 BECOME AN INVERSE PARANOID

- ❖ This applies to any negative circumstance that happens in your life, including your Inner Imposter infiltrating your mind with its absurd suggestions. When someone cuts you off on the road, or even insults you, I invite you to flip the experience around. Ask yourself with the wonder and spirit of a child:

"I wonder what could be coming around the corner? It must be something good."

"I love surprises. Will I find out today?"

"Hmmmm let's see, this isn't random. Something good is on the way today. I can feel it."

Then take some small incremental action. Act anyway, in spite of what you are experiencing at the time. Move into action because everything always works out for you and whatever you want is on the way. Gamify the dance your Inner Imposter wants to have with you. This is a great strategy to use when you receive negative feedback for example.

5 HOW WOULD YOU HELP A FRIEND DEAL WITH THEIR INNER IMPOSTER?

- ❖ Pretend that you are meeting a close friend who is experiencing a drop in his or her self-esteem and unable to pick themselves back up. What advice would you give them? Write it all down. Then call a meeting with yourself later that day. Go back to read what you wrote down earlier. Can you follow the same advice? Is there anything there that you are willing to try? Create your own personal board of directors. The key is, you cannot read your own advice when you're writing it. Why? Because you are at a different energy level. You need to step away and come back when your mind feels clear. In the first segment you are an advisor to your friend. In the second, you are seeking advice and open to receiving. You can trust this advice since it came directly from you. At first, you're intentionally sending guidance and then you're receiving guidance with grace.

And in the vein of helping out a friend, give some of your time away. Make it less about you that day, and more about how you can help someone. Who can use your ear? Who can use an extra set of hands? Where can you donate your time? The simple act of generosity has been proven to increase happiness.

6 RELEASE PERFECTION PARALYSIS

- ❖ Be willing to let go of needing to have it all figured out perfectly in that moment. What is something that you can let go of, to lower the bar that you've placed on yourself? Usually, the high bar we place on ourselves is due to some form of fear. The fear of looking foolish for example. What is the fear that's showing up for you? Write it down. If you are leading a team, do you want that high bar to be placed on them as well? Do you want them to follow your lead, or do you want them to be willing to try and make mistakes? People may admire perfection, but they respect when you're willing to call yourself out more. Surrender to taking imperfect action: it's freedom like no other.

7 TURN YOUR INNER CRITIC INTO AN INNER COACH

- ❖ Create responsibility questions that will have you prepare as best you can for a given situation. Follow the process below as your inner coach by asking yourself a series of questions and answering them. For example, let's say you are about to lead a presentation to a large group:

Will you prepare to the best of your abilities and do you know your content well?
Yes

Will you consider the likely questions that will be asked of you? Yes

Will you wear your power color and feel good? Yes

Will you smile and have fun when presenting? Yes

Are you willing to receive a question that you don't know the answer to?
Yes, but I'd rather not!

I get it, so how will you prepare for it and stand in your power?

I'm going to be good to myself.

I'm going to be ok with not having all the answers.

I'm going to have a few responses in my hip pocket and stand confidently.

That's how the inner coach process works!

I hope this report was helpful. Thank you for having an open mind to read this. The success and freedom that you want is right around the corner for you—I truly mean that. Don't let anyone, including your Inner Imposter convince you that you are not good enough. Because you are and you have everything you need to create what you want. Mindset is everything.

If you enjoyed this resource, [CLICK HERE to share](#) online or with someone who can use the support. Or leave a comment and let me know which strategy feels good to you or share an imposter hack that has worked for you! Given our divine connection here, I'd love to learn from you!

To your gutsy moves, you've GOT this.

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