

# THE JORDAN HARBINGER SHOW

## Worksheet for Deep Dive | How to Overcome Imposter Syndrome (Episode 127)

*"How did I get into this law school? It's only a matter of time before everybody figures out that I'm a fraud!"*

**-Jordan Harbinger**

Imposter syndrome refers to feelings of fraudulence that are not tied to an accurate understanding of our own competence. When we fail to internalize our talent and achievements, then we mistakenly believe that we haven't organically earned our success. It's this miscalibrated relationship to ourselves that causes feelings of fraudulence. We feel like imposters, but we're not.

If we fail to work through this imposter syndrome, then we walk through life feeling like strangers, liars, and scam artists. But if we learn how to process it the right way, we can work through our insecurity and self-doubt and embrace our achievements in a way that makes life a lot more fun, connected, and fulfilling. In order to do that, we need to understand how this strange experience actually works -- which is what we aim to do [in this deep dive with Gabriel Mizrahi](#).

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## Uncover and Discover

Imposter Syndrome is not based on logic nor empirical evidence. Yet somehow it is widespread; everyone has this experience at some point or another.

When we're unable to internalize accomplishments in a way that allows us to feel like we own them -- *that we've earned them* -- that's where fraudulence likes to creep in. But what if we *have earned* those accomplishments? What if there is clear evidence of our intelligence, capabilities, and work ethic?

Imposter Syndrome doesn't care. It likes to tell lies.

One of the best ways to combat Imposter Syndrome is to recognize it when it first arises. It can be easy to miss because it's the kind of uncomfortable experience that we're likely to suppress.

**Next time any bit of fraudulence creeps up, stop and notice it. What does it say? How uncomfortable is it? Make a note of this. Acknowledge that it's there. That effort to pause and acknowledge it will put some distance between these feelings and your true self.**

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## When to Watch for It

Imposter Syndrome isn't likely to pop up when you press power on your laptop and your MacBook turns on. Imposter Syndrome likes to save itself for when you are at the margins of your comfort zone. That isn't limited to just large life events (like a job promotion or a wedding) but everyday events as well (an A on an exam, or baking a great cake).

**Make a list of two columns. The first would be where Imposter Syndrome might pop up with everyday activities. The second column: what upcoming life events might spark it. Note the boundaries of your comfort zone with each.**

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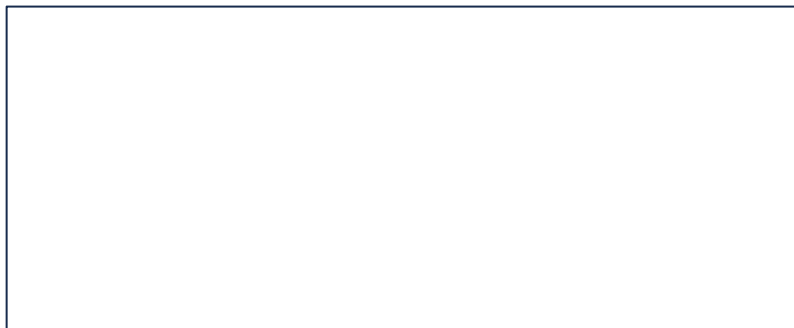
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## True Fraudulence

Just because you feel some amount of fraudulence doesn't mean that it's not true. Now before you think I'm insulting you, hear me out. Sometimes we are the beneficiaries of random chance. But there's nothing wrong with good fortune (and I'm not calling you a fraud).

Imposter Syndrome can kick in because of random chance. However, when this happens, the way through it is less about navigating emotions and more about letting it guide you toward what to do next.

**For example: maybe you landed a promotion six months before you felt like you were going to be ready for it. Instead of sitting in that new office wondering why you suddenly have an assistant, this is the time to work harder at the position, or focus on learning and developing the appropriate skills. Hopefully this action will allow your performance to catch up with your position before you run out of the office screaming, never to be seen again.**



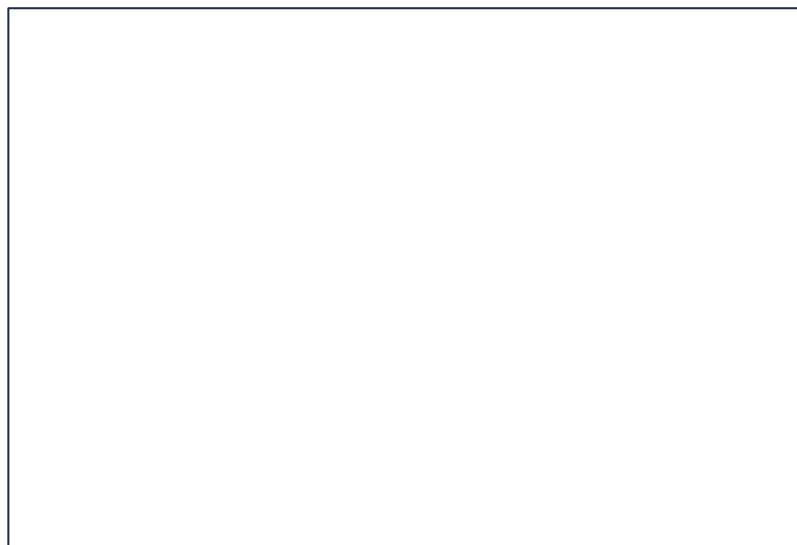
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## It's a Good Thing!

If you're not experiencing any symptoms of Imposter Syndrome, that probably means you are stuck in your comfort zone and not hitting the milestones that you'd like in life.

**What milestones might you pursue that would challenge your best efforts and stretch your capabilities beyond that comfort zone? You can't grow if you don't reach!**

A large, empty rectangular box with a thin black border, intended for the user to take notes or write down their answers to the question posed above it.

*Full show notes and resources for this episode [can be found here](#).*

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## About



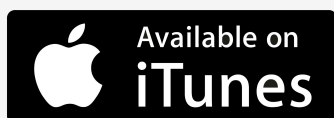
Join Jordan Harbinger (critically acclaimed host, formerly of The Art of Charm) as we get deep into the untapped wisdom of the world's top performers -- from legendary musicians to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these insights into your own life and live what you listen.

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