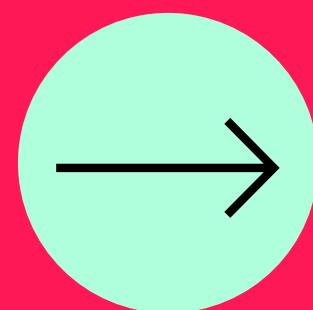




Do you have

Imposter Syndrome?

6 Steps to Beat It





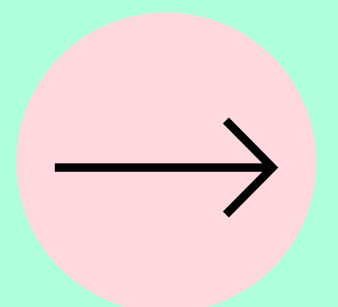
What is Imposter Syndrome?

Imposter syndrome is the persistent feeling of self-doubt and inadequacy despite evident success.

You're not alone.

84%

of U.S. entrepreneurs and small business owners, and 71% of CEOs experience it.





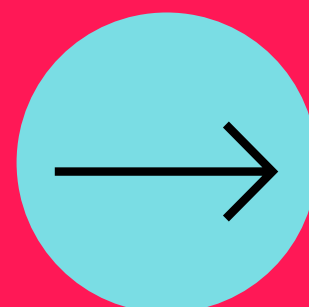
Recognize the Signs



**Are you afraid of being
“found out” as a fraud?**



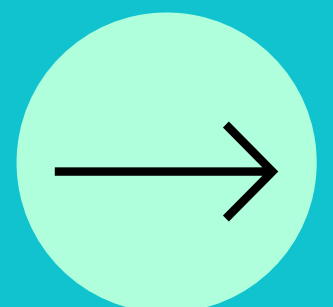
**Do you attribute your
achievements to luck?**





Reframe Your Thoughts

1. Instead of, "I'm not qualified," remember the ways others have seen your potential.
2. Focus on facts, not fears. What evidence shows you're capable?
3. Reframe mistakes as opportunities for growth.



Celebrate Your Achievements

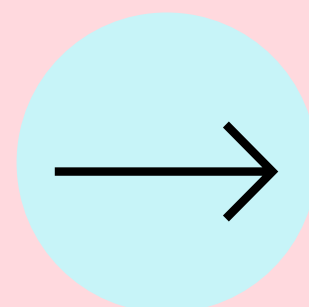
- ★ Record your accomplishments—a “praise folder” or achievement list.
- ★ Reflect on these moments whenever self-doubt creeps in.
- ★ Remember, you worked hard for what you’ve achieved.





Practice Self-Compassion

- ♥ Accept compliments graciously.
- ♥ Use affirmations like "I am worthy of my achievements."
- ♥ Reward yourself for milestones—big or small. Progress matters more than perfection.

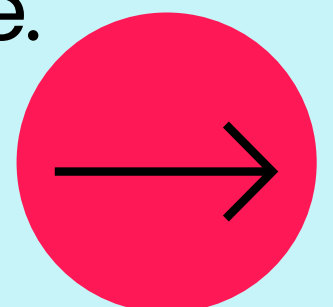


Build a Support System

Share your feelings with trusted friends, mentors, or colleagues!

Talking about imposter syndrome helps you gain perspective and reduces its power over you.

Seeking support can make all the difference.





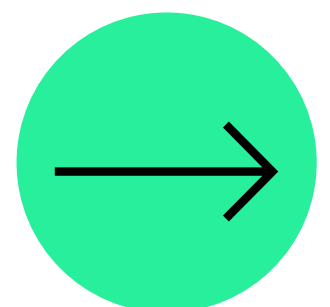
Don't go it alone!

Join our community

The Level-Up Club

a high-vibe community of leaders that
achieve success together.

We level up leaders inside and out.

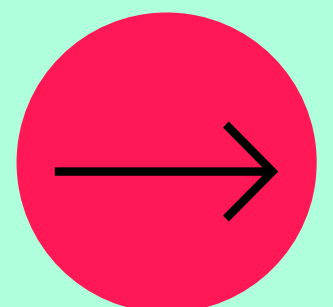




Who's Joining

The Level-Up Club (TLC)

- ⚡ High achievers, leaders, and entrepreneurs.
- ⚡ Inclusive, respectful, and curious individuals.
- ⚡ Those with an open and willing mindset, ready to take action and leave fear and negativity behind.





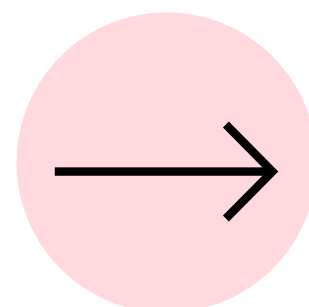
Join today!



@ OakBloomIQ.com

We're reaching new heights in our careers, businesses, and personal lives – with powerful AI tools, masterclasses, networking, and support.

Don't go at it alone – get on the waitlist today!



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guide.**



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