



SERENA
CHOO

WELCOME

A NOTE FROM THE AUTHOR

Hi, I'm so glad you're here! The purpose of these bonus materials is to help you **put the concepts in *Letting Go of Imposter Syndrome* into practice** so you can **stop overthinking release self-doubt, and anxiety, and stop hiding your uniqueness** to allow your authentic self to emerge.

You'll find:

- *A PDF of images featured in the book*
- *A comprehensive checklist and worksheets of all exercises*
- *mp3 audios for the guided exercises*
- *Journal sheets to help you document your insights*
- *PDF of the Imposter Syndrome Questionnaire*
- *Plus, you'll receive a short series of special email messages to further support you.*

You'll need these materials and your copy of *Letting Go of Imposter Syndrome* which is really **a workshop in a book**—giving you the practical strategies to take you along your journey to greater self-awareness and self-appreciation.

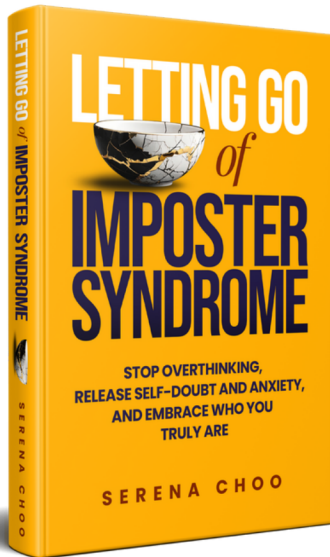
As you go through the book, remember, there is no “good” or “bad”; there are no “right” or “wrong” answers or ways to do something, and I encourage you to **approach each exercise with lightness and curiosity.**

One last thing. These materials **for you and your personal use only.** Please do not use the materials for commercial purposes (e.g. as part of a coaching program). If you would like to use the materials for any other purpose than your personal use, please contact my team at hello@serenachoo.com.



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INDEX TO BONUS RESOURCES



Here is a list of your downloadable bonus resources to support you as you go through *Letting Go of Imposter Syndrome*.

00 Welcome from the Author

01 Roadmap and Checklist of Exercises

02 Imposter Syndrome Questionnaire

03 All images featured in the book

04 Exercise Worksheets

05 Daily Journal Sheets

06 Bonus Worksheet (3-minute Fun Exercise)

07 Extended mp3 Recordings of Guided Experiential Exercises:

Exercise 5: What Does Letting Go Feels Like

Exercise 14: Trapezium Breathing

Exercise 16: Be the Frog

Exercise 18: Completing the Past – Part 1

Exercise 18: Completing the Past – Part 2

Exercise 18: Completing the Past – Part 3

Exercise 23: Old coat, new coat – Part 1

Exercise 23: Old coat, new coat – Part 2

**GIVE YOURSELF
PERMISSION TO LET
GO OF IMPOSTER
SYNDROME, AND
ALLOW YOUR TRUE
AUTHENTIC SELF TO
UNFOLD AND SHINE.**



SERENA CHOO