

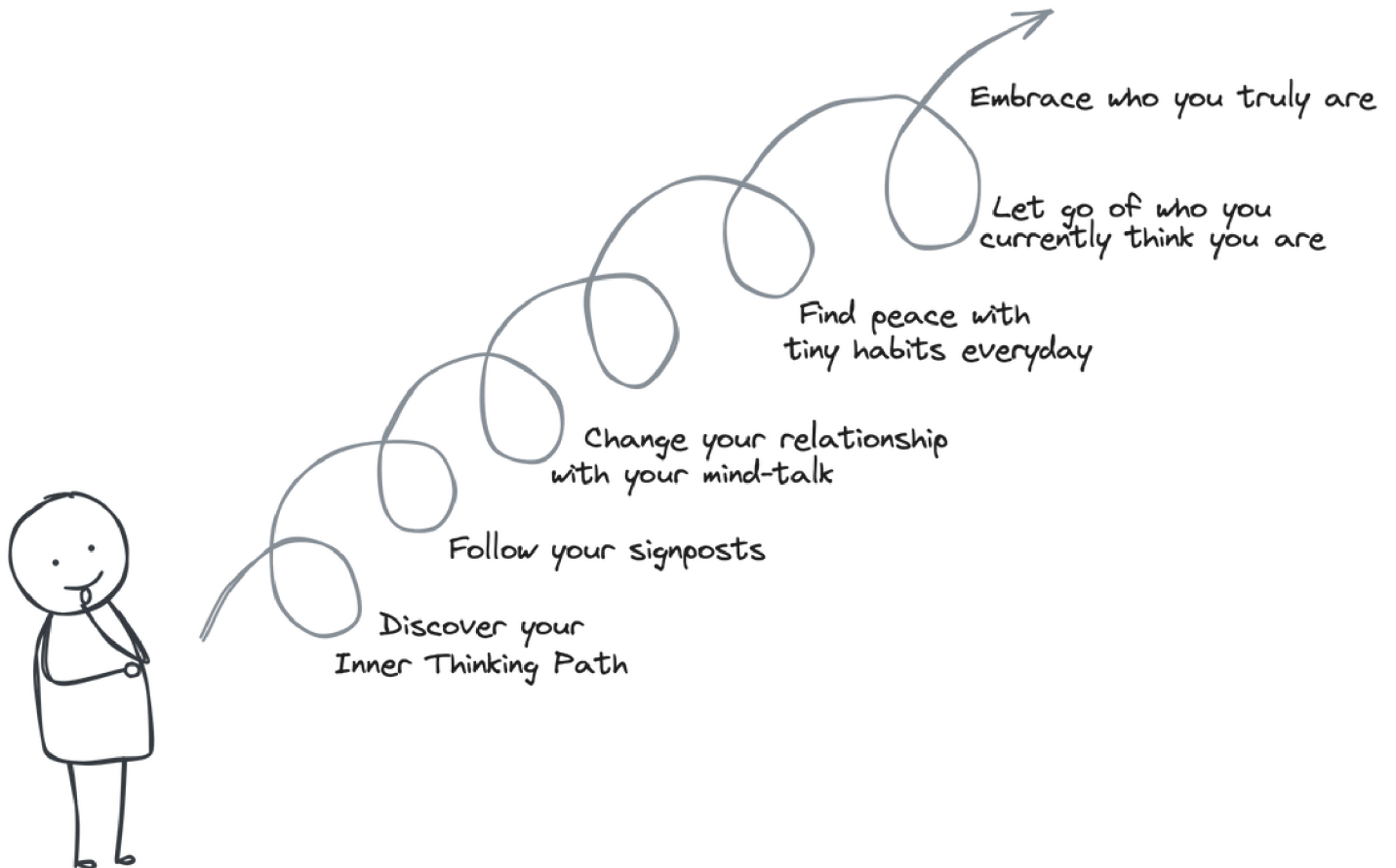
BOOK *roadmap & checklist* BONUSES



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YOUR PRACTICAL ROADMAP

LETTING GO OF IMPOSTER SYNDROME



YOUR PRACTICAL ROADMAP

LETTING GO OF IMPOSTER SYNDROME

IMPOSTER SYNDROME IS REAL BUT ISN'T THE REAL ISSUE

Impostor Syndrome happens when you overly mis-identify with thoughts and beliefs to the extent that you lose sight of your innate gifts and talents. But most people try and address skills and capabilities vs mistaken self-perception.

DISCOVER YOUR INNER THINKING PATH

When you understand the mechanisms behind your thinking, you begin to know how to let go of impostor syndrome and why self-awareness is your key.

FOLLOW YOUR SIGNPOSTS

You stop feeling bad about your feelings as you recognize that they are helpful signposts.

CHANGE YOUR RELATIONSHIP WITH YOUR MIND-TALK

Instead of fighting and resisting your self-talk, change your approach so you are relieved from the exhaustion of relentless criticism and overthinking, and loosen the grip it has over you.

FIND PEACE WITH TINY HABITS EVERYDAY

Relieve stress and anxiety with simple and small strategies to use in the moment, every single day, that bring cumulative and significant returns over time.

LET GO OF WHO YOU CURRENTLY THINK YOU ARE

The “old you” that got you here isn’t going to get you there.

EMBRACE WHO YOU TRULY ARE

Allow yourself to recognize, accept and love your natural state of being and your innate gifts, strengths, and talents.

CHECKLIST OF EXERCISES

CHAPTER ONE:

IMPOSTER SYNDROME IS REAL BUT ISN'T THE REAL ISSUE

- ☐ 1. YOUR PERCEPTION DETERMINES YOUR REALITY
- ☐ 2. LETTING GO OF LABELS
- ☐ 3. YOUR DEEPEST REASONS
- ☐ 4. WHAT'S STOPPING YOU?
- ☐ 5. WHAT LETTING GO FEELS LIKE

CHAPTER TWO:

DISCOVER YOUR INNER THINKING PATH

- ☐ 6. THE POWER OF PROGRAMMING
- ☐ 7. BRINGING AWARENESS TO YOUR FILTERS/
INTERNAL PROGRAMS
- ☐ 8. DELIBERATELY CHOOSING YOUR MEDIA SOURCES OF
CONDITIONING

CHAPTER THREE:

FOLLOW YOUR SIGNPOSTS

- ☐ 9. PIVOTING YOUR THOUGHTS AND BELIEFS

CHECKLIST OF EXERCISES

CHAPTER FOUR:

CHANGE YOUR RELATIONSHIP WITH YOUR MIND-TALK

- ☐ 10. NOTICE AND LOG YOUR SELF-TALK FOR A DAY
- ☐ 11. CHANGING YOUR MIND-TALK
- ☐ 12. WE'RE ALL DESIGNED DIFFERENTLY

CHAPTER FIVE:

FIND PEACE WITH TINY HABITS EVERYDAY

- ☐ 13. PHYSIOLOGICAL SIGH OR CYCLIC SIGHING
- ☐ 14. TRAPEZIUM BREATHING
- ☐ 15. SPHERES OF CONTROL
- ☐ 16. "BE THE FROG"

CHAPTER SIX:

LET GO OF WHO YOU CURRENTLY THINK YOU ARE

- ☐ 17. YOUR SELF-PERCEPTION
- ☐ 18. COMPLETING THE PAST
 - ☐ PART 1. IDENTIFYING OLD STORIES
 - ☐ PART 2. OBSERVING DIFFERENT PERSPECTIVES WITHOUT AGENDA
 - ☐ PART 3. COMPLETING THE INCOMPLETE COMMUNICATION
- ☐ 19. REDEFINE YOURSELF

CHECKLIST OF EXERCISES

CHAPTER SEVEN:

EMBRACE WHO YOU TRULY ARE

- ☐ 20. LETTING GO OF PERFECTIONISM STARTS WITH AWARENESS
 - ☐ PART 1 - WHEN DON'T YOU DISPLAY PERFECTIONIST BEHAVIOR?
 - ☐ PART 2 - WHEN DO YOU DISPLAY PERFECTIONIST BEHAVIOR?
 - ☐ PART 3 - IDENTIFY THE DIFFERENCE
 - ☐ PART 4 - THE UNCONSCIOUS "RULES" OF PERFECTIONISM
 - ☐ PART 5 - CHANGING THE RULES

- ☐ 21. RECOGNIZING YOUR INNATE GIFTS
 - ☐ PART 1 - LETTING GO OF DISCOUNTING YOURSELF
 - ☐ PART 2 - LEARNING TO RECOGNIZE YOURSELF

- ☐ 22. WHEN DO YOU LET YOURSELF RELAX INTO YOU?
- ☐ 23. OLD COAT, NEW COAT