

BOOK *worksheets* BONUSES





WORKSHEET 1

YOUR PERCEPTION DETERMINES YOUR REALITY

INSTRUCTIONS: When you look at the picture below, what do you see? Do you see an old or a young woman?





WORKSHEET 2

LETTING GO OF LABELS

If you identify with experiencing imposter syndrome to the extent that you've taken on the label, for example, by telling yourself things like, "I have imposter syndrome," or "I suffer from imposter syndrome," hanging onto the label can keep you stuck.

Are you open to dropping that label? This is your opportunity to open up to the idea of embracing who you really are, and to say yes to yourself. Will you do it?

QUESTION #1: Think about your relationship with imposter syndrome. What feelings do you associate with it?



WORKSHEET 2 (CON'T)

LETTING GO OF LABELS

QUESTION #2: Are you willing to give yourself permission to let go of any of those feelings of shame or guilt that you have been carrying around?



WORKSHEET 2 (CON'T)

LETTING GO OF LABELS

QUESTION #3: Do you feel any resistance against the idea of giving yourself permission to let go of the label?

Make the decision now to let go of labelling yourself in this way. Bring up the feelings of how the symptoms of imposter syndrome make you feel, and choose now whether you want to let it go. Deeply feel the feelings of the choice you are now making, and say out loud to yourself, with conviction, "I don't want to do this anymore. I won't do this anymore. I'm going to let it go, and I'm taking my first step right now with letting go of labeling myself as someone with imposter syndrome."

QUESTION 4: Write down how you feel now you have made this choice.



WORKSHEET 3

YOUR DEEPEST REASONS

Now you've chosen to let go of imposter syndrome, let's really dig deep, so you can get to grips with exactly why this is important to you.

Think about the following questions and write down all the thoughts that come to mind as you read them. Don't hold back. No one is going to ask you for the answers. Be honest. Dig deep.

- Does holding on to imposter syndrome empower you?
- Does it enable you to be more or less?
- Does it enable you to do more or less?
- Does it give you more choice or less?
- What has imposter syndrome cost you in the past?
- What is it costing you right now?
- What will it cost you in the future if you don't change it?



WORKSHEET 3 (CON'T)

YOUR DEEPEST REASONS

Now write down your answers to each of the following questions, digging deeper with each why.

QUESTION 1: Why do you want to let go of imposter syndrome?

QUESTION 2: Why is this important to you?

QUESTION 3: Why else is this important to you?



WORKSHEET 3 (CON'T)

YOUR DEEPEST REASONS

QUESTION 4: Why else?

QUESTION 5: Why else?



WORKSHEET 4

WHAT'S STOPPING YOU?

Now that you've dug deep, let's keep your momentum going. As you thought about your reasons for letting go of imposter syndrome, did you feel any inner resistance to it?

Now, think about what might be behind that resistance. Are there any secondary gains? Make a list of everything that comes to mind. Be open to listening to yourself and honoring whatever comes up, no matter how uncomfortable it may feel to admit to it.



WORKSHEET 5

WHAT LETTING GO FEELS LIKE



GUIDED EXERCISE

As you prepare to let go of imposter syndrome and all those negative labels, you can use this exercise to learn what letting go feels like. By practicing the physical sensation of letting go, you can prepare your mind to do the same with negative patterns of behavior, feeling, and thought.

So you can focus fully on the experience, make sure you have downloaded the accompanying audio for this exercise and listen to it as it talks you through the process.

Note any observations of insights that may have come up for you.

A large, light gray rectangular area with a slightly irregular, torn-paper-like border, intended for the user to write down their observations and insights.



WORKSHEET 6

THE POWER OF PROGRAMMING

INSTRUCTIONS: As quickly as you can, without thinking about it, say the color, not the word.

YELLOW BLUE ORANGE

BLACK RED GREEN

PURPLE ORANGE RED

YELLOW BLUE BLUE

PURPLE GREEN BLACK

ORANGE RED GREEN



WORKSHEET 7

BRINGING AWARENESS TO YOUR FILTERS

✓ **NEGATIVE EMOTIONAL EVENTS TODAY**

QUESTION #1: WHAT HAPPENED?

QUESTION #2: HOW DID YOU REACT? WHAT FEELINGS/BEHAVIORS DID IT TRIGGER?

QUESTION #3: WHAT MEANING HAVE YOU ASSOCIATED WITH IT AT SOME LEVEL? WHAT CONCLUSION DID YOU MAKE ABOUT THE EVENT?

QUESTION #4: WHY MIGHT THAT MEANING OR THOUGHT BE TRUE?

QUESTION #5: WHY MIGHT THAT MEANING OR THOUGHT BE FALSE?

QUESTION #6: WHAT ONE KEY INSIGHT ARE YOU NOW TAKING AWAY?



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WORKSHEET 8

DELIBERATELY CHOOSING YOUR MEDIA
SOURCES OF CONDITIONING

DATE	MEDIA SOURCE	HOW I FELT	TAKE A BREAK?



WORKSHEET 8

DELIBERATELY CHOOSING YOUR MEDIA SOURCES OF CONDITIONING



WORKSHEET 8

DELIBERATELY CHOOSING YOUR MEDIA
SOURCES OF CONDITIONING

DATE	MEDIA SOURCE	HOW I FELT	TAKE A BREAK?



WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

INSTRUCTIONS: Use this worksheet as and when you notice yourself feeling tense and contracted.

There is a worked example in the book in Chapter 3: Follow Your Signposts.

Bring your attention to that feeling and take a pause. Ask yourself: What am I thinking or focusing on right now?

Write down your answer, allowing yourself to feel as you do without any inner resistance of self-judgment. This exercise isn't about browbeating yourself, and there's no need or benefit to start judging your answer. Just write it down, so you can start expanding your awareness of your inner thinking path.

When you've written down your answer, allocate the associated feeling a "negative emotion score" on how intense that uncomfortable emotion feels, from 1 to 10, where 10 means it feels really intense and 1 means it doesn't feel intense at all.

Now, gently suggest to yourself an alternative way of thinking about the situation. Don't rush to the total opposite thought, but instead, take a gentler step in the opposite direction. For example, if your initial thought is that you're a failure at everything, don't try and pivot to the thought that you're actually amazing at everything. Instead, you might think about how you're pretty good at least 60%-70% of the things you do on a daily basis.

When you've found a gentle pivoting thought, write it down and focus on it for around 15 seconds. Now, reconsider your current "negative emotion score." Hopefully, it's become a little less intense.

Next, gently pivot your thoughts again, in the same manner, and focus on that new thought for the next 15 seconds. Write it down and assign yourself a new "negative emotion score." Keep pivoting until you start feeling the entanglement with your contracted emotion unravel, and you get to a score of 5 or less. Remember to be gentle with yourself: Your first target is to get to a place that's calm and neutral, where there's no nervousness or excitement, simply a calmness.



WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

THOUGHTS:

FEELINGS:

SCORE:





WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

THOUGHTS:

FEELINGS:

SCORE:





WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

THOUGHTS:

FEELINGS:

SCORE:





WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

THOUGHTS:

FEELINGS:

SCORE:





WORKSHEET 9

PIVOTING YOUR THOUGHTS AND BELIEFS

THOUGHTS:

FEELINGS:

SCORE:





WORKSHEET 10

NOTICING AND LOGGING YOUR SELF-TALK

The first step to amending your self-talk is to expand your awareness of what it is saying. For this exercise, then, your job is to notice and log your self-talk for a day. Whenever you are aware of your self-talk, reach for your journal and jot down what it's saying.



WORKSHEET 10 (CON'T)

NOTICING AND LOGGING YOUR SELF-TALK

Review the nature of the self-talk you noted on the previous page.

QUESTION 1: What are the themes of your self-talk?

QUESTION 2: Which level of the hierarchy is your self-talk coming from?

QUESTION 3: What is the balance between your "positive" and "negative" self-talk? (You can use a highlighter on your responses above to make this balance more apparent at a glance).



WORKSHEET 10 (CON'T)

NOTICING AND LOGGING YOUR SELF-TALK

QUESTION 4: How do each of the different statements feel?

QUESTION 5: Do the statements carry different voices?



WORKSHEET 11

CHANGING YOUR MIND-TALK

INSTRUCTIONS: This exercise helps you put some distance into your self-talk, so you can loosen its grip on you. Whenever you catch your mind-talk using the first-person or second-person, consciously shift to "my mind thinks..." Adopt the stance of someone observing those thoughts rather than identifying with them directly, and give yourself permission to let them go, without taking any specific action as a result of them. After a few days of this exercise, reflect on how it's made a difference in how you feel.

CURRENT SELF-TALK:



MY MIND THINKS:

CURRENT SELF-TALK:



MY MIND THINKS:

CURRENT SELF-TALK:



MY MIND THINKS:

CURRENT SELF-TALK:



MY MIND THINKS:



WORKSHEET 12

WE'RE ALL DESIGNED DIFFERENTLY

INSTRUCTIONS: This exercise is about permitting yourself to recognize your strengths without insisting on perfection.

Give yourself permission to notice what's different about you. What does your mind-talk say? Listen, and write down the first things your mind-talk says, whether it is critical or positive. What is it telling you that you're missing?

Now, take a moment and acknowledge that what you're "missing" is really also a part of how you were designed to be. That takes a little bit to wrap your mind around, doesn't it?

In as much as you have your innate gifts, strengths, and talents, it's also innate in you to not have what you're "missing"—because this is what makes you special and unique.

MY MIND THINKS....

ALTHOUGH MY MIND THINKS....



WORKSHEETS 13 & 14

PHYSIOLOGICAL SIGH OR CYCLIC SIGHING
& TRAPEZIUM BREATHING



GUIDED EXERCISE

If you notice yourself feeling stressed, you can take immediate action to relieve those feelings through either of these. They cost nothing and can be performed in the moment without any equipment. They are also quiet and subtle if you don't want to draw attention to your stress. Try it the next time you feel your stress response activating. You can also practise when you don't "need" it.

PHYSIOLOGICAL SIGH OR CYCLIC SIGHING

This exercise is really simple. Inhale, but before you get to the top, inhale again. Then, exhale out the entire breath. Repeat this about three times or until you feel relief from the stress.

TRAPEZIUM BREATHING

Inhale for 4 seconds, hold that breath for another 4 seconds, exhale for 7 seconds, and then hold for 4 seconds before taking another breath. Then repeat the whole cycle four times, or until you feel relief from the stress.

Listen the accompanying mp3 that talks you through trapezium breathing so you don't have to count for yourself and can focus fully on your breathing.



WORKSHEET 15

SPHERES OF CONTROL

INSTRUCTIONS: There is a worked example of this exercise in Chapter 5 of the book. On the next pages, you will find a copy of the template as shown in the book, as well as a different version where the circles have been shown separately to allow you more room to write.

1. **Make a list** of all the things that stress you out: anything that makes you worry, or feel anxious, overwhelmed, angry, frustrated, and so on. As long as it feels "of concern" to you, write it down.
2. **Sort each item** on your list of concerns into one of the three circles:
 - a. If you have **total control** over an item, such that you can resolve it on your own without needing anyone else's help or input, allocate that item to the "Total Control" circle.
 - b. If you have **some control** or can influence an item, such that you can resolve part of the item or influence the outcome through your actions or behavior, allocate that item to the "Some Control" circle.
 - c. Finally, if an item is completely **outside of your control** or influence, such that there is nothing you could do or say that could directly impact this item, allocate this item to the "No Control" circle.
3. When you have filled out the three circles, it's time to **take action**.
 - a. For **one item that's within your control**—that is, an item in the "Total Control" circle—take action on it, no matter how small that action is. Try to take action on at least one of these items a day. You will find that this makes you feel instantly better.
 - b. Next, for the items over which you have some control or influence—items in the **"Some Control" circle—think about what steps you can take to change it** so that your level of stress is reduced. This may require a bit of thought, but changing just one thing can make a positive change to your everyday level of stress. Try to make this change, either today or over the next few days.
 - c. Finally—and most important—**let go of everything else**. For every item in the "No Control" circle, try to stop worrying about them, because there is nothing you can do. That worry isn't helpful or productive, because you can't control or influence those items. After all, that's why they're in the "No Control" circle. To formalize your act of letting go, strikethrough each of these items on your Spheres of Control now.



WORKSHEET 15 (CON'T)

SPHERES OF CONTROL

INSTRUCTIONS: Make a list of all the things that stress you out: anything that makes you worry, or feel anxious, overwhelmed, angry, frustrated, and so on.

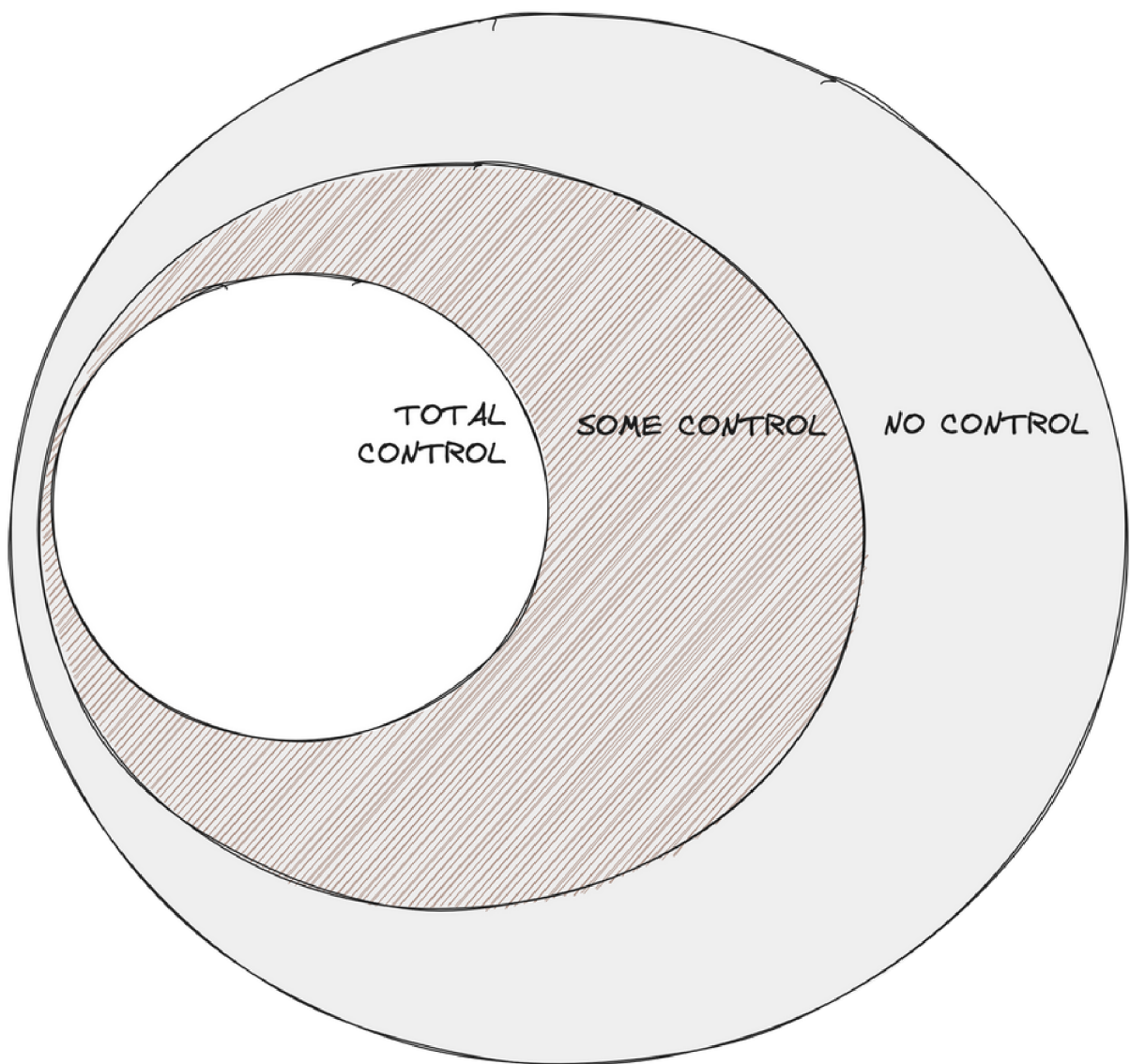


WORKSHEET 15 (CON'T)

SPHERES OF CONTROL

INSTRUCTIONS: Print this sheet out to make it easier, or use the sheets on the pages that follow.

SPHERES OF CONTROL





WORKSHEET 15 (CON'T)

SPHERES OF CONTROL
TOTAL CONTROL

TOTAL CONTROL



WORKSHEET 15 (CON'T)

SPHERES OF CONTROL
SOME CONTROL

SOME CONTROL



WORKSHEET 15 (CON'T)

SPHERES OF CONTROL
NO CONTROL

NO CONTROL



WORKSHEET 16

“BE THE FROG”



GUIDED EXERCISE

INSTRUCTIONS: When first learning the exercise, really exaggerate it so that you can get a sense of what it feels like. As you become more practiced, you can then tone down the movements if you want to.

1. Relax your face and posture and look straight ahead at something in the distance, such as a picture on the wall. Defocus your eyes.
2. Keeping your eyes on the item, gradually increase your awareness of your peripheral field of vision.
- 3.1. Now, relax your jaw muscles. Use your hands to massage your jaw muscles to help encourage them to loosen and soften. Hang your jaw loose so that your teeth are no longer touching, and your mouth is slightly open. Think of going to the dentist and having your mouth anesthetized: Let it hang loose, almost as if you are allowing yourself to drool.
- 4.1. Relax your tongue and let it gently fall to the bottom of your mouth. You might find that your eyelids relax too and feel as if they are half closed and droopy too. That's good.
5. Exaggerate it all even more: Relax your eyes, your jaw muscles, and your tongue.
6. Now, bring your attention to how your mind-talk has quietened and slowed down. It will have done so significantly, to the point where it might be almost non-existent. If your mind-talk is still racing, return to the exercise: Make sure your jaw muscles are soft and relaxed, that your jaw is hanging loosely, and that your tongue has dropped to the bottom of your mouth.

Listen to the accompanying mp3 that talks you through being the frog so you can really exaggerate this and experience its full effect :)



WORKSHEET 17

YOUR SELF-PERCEPTION

QUESTION 1: What are the things you believe about yourself?

QUESTION 2: What words would you use to describe yourself?



WORKSHEET 17 (CON'T)

YOUR SELF-PERCEPTION

QUESTION 3: What are the stories you tell about yourself?

QUESTION 4: What old stories about yourself immediately pop into your mind?



WORKSHEET 17 (CON'T)

YOUR SELF-PERCEPTION

When you have written your answers to these questions, reflect on them. Notice the balance between those elements of your self-perception that enhance your sense of self, and those elements that diminish it. An imbalance isn't an excuse for self-judgment, though – this exercise is not about judgment. It's an exercise in expanding your awareness.

Make a note of your observations and insights here.



WORKSHEET 18

COMPLETING THE PAST

PART 1: IDENTIFYING OLD STORIES

Think about what old stories you are holding onto. What memories are you still holding onto that cause you anger, sadness, guilt or shame? Do any of these memories include a person in particular, toward which you still feel these emotions? Make a list of these events and persons right now, either on a piece of paper or in your journal.

Now ask yourself: In what ways does it help to hang onto these old stories? And in what ways does hanging onto them hurt or restrict me?

In other words, is it worth hanging onto those stories?

If your answer is "no," then the next question to ask yourself is this: Am I willing to take whatever positive lessons there were from these events and let go of the old emotions?



WORKSHEET 18 (CON'T)

COMPLETING THE PAST



GUIDED EXERCISE

PART 2: OBSERVING DIFFERENT PERSPECTIVES WITHOUT AGENDA

Listen to the accompanying mp3 recording for this exercise which will take you through the 3 different perspectives. Once you've finished the entire exercise, note your observations and insights below.



WORKSHEET 18 (CON'T)

COMPLETING THE PAST

PART 2 (CON'T):

Taking on the role as your own coach, replay each of the perspectives in your own mind, as if watching a movie, and provide your feedback as you consider the following questions.

- ·What new perspective or information have you gained about the event?
- ·Were there any surprises, any perspectives that you had not recognized before?
- ·What elements as shared from each perspective limit or support you?
- ·What insights or wisdom can now be taken from this?
- ·How do you feel differently now about this event?



WORKSHEET 18 (CON'T)

COMPLETING THE PAST

PART 3: COMPLETING THE INCOMPLETE COMMUNICATION

To complete the exercise, it's time to put your newfound sense of perspective into practice and formalize your act of letting go. Write the other person a letter that you are not going to send. With your new insights and perspective, say everything you'd like to say to them now. Get it out of your system without expecting anything from them. This is an exercise for you, not them. And, when you're done, destroy or burn the letter and let those old feelings go.



WORKSHEET 19

REDEFINE YOURSELF

INSTRUCTIONS: This exercise invites you to redefine your sense of self. Instead of tying your self-perception to what you do, try connecting your self-identity to *how* you do it. You may find it helpful to break it down into smaller areas, thinking about the different “roles” you play in life, such as in your job, or as a sister, or partner, and so on. Remember too, that one role can be the one you play in relation to yourself.

Before you do that, you may find it helpful to write down everything that comes up when you consider the following questions.

- What are some of the things that you do, that feels easy to you but like work to others?
- What have you noticed that you can do that others remark is amazing, but you assume that because you can do it, others can too?
- What is something that you don't think twice about, but others comment that you have a great skill in it?
- Look behind the things you do to see how you do them.



WORKSHEET 19 (CON'T)

REDEFINE YOURSELF

INSTRUCTIONS: This exercise invites you to redefine your sense of self. Instead of tying your self-perception to what you do, try connecting your self-identity to *how* you do it. You may find it helpful to break it down into smaller areas, thinking about the different “roles” you play in life, such as in your job, or as a sister, or partner, and so on. Remember too, that one role can be the one you play in relation to yourself.



ROLE #1:

WHAT I DO

HOW I DO IT



WORKSHEET 19 (CON'T)

REDEFINE YOURSELF



ROLE #2:

WHAT I DO

HOW I DO IT



ROLE #3:

WHAT I DO

HOW I DO IT



WORKSHEET 20

LETTING GO OF PERFECTIONISM STARTS WITH AWARENESS

Because perfectionism is contextual, there will be contexts in your life where you are not a perfectionist. Reflect on those times and contexts where you have felt more relaxed, and identify the tasks you complete without being a perfectionist.

This exercise is in 5 parts. You don't have to complete them all at the same time. A good approach is to break it down and limit yourself to 15-minute chunks.

PART 1: WHEN *DON'T* YOU DISPLAY PERFECTIONIST BEHAVIOR?

QUESTION 1: What is your perspective on these tasks?

- Are these tasks important or unimportant?
- Do you feel as though you will be judged, or not judged, for these tasks?
- Could this task show you up as a fool, or not?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

QUESTION 2: What is the environment surrounding this task: the where, when, and what?

QUESTION 3: How do you know when your performance in this task is good enough?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

PART 2: WHEN *DO* YOU DISPLAY PERFECTIONIST BEHAVIOR?

QUESTION 1: What is your perspective on these tasks?

- Do you fear that you will be judged on these tasks?
- Do you worry about what other people will think when it comes to your performance on these tasks?

QUESTION 2: Is your income or livelihood tied to these tasks in some way?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

QUESTION 3: When completing these tasks, are you in an all-or-nothing frame of mind?

QUESTION 4: What is the environment surrounding this task: the where, when, and what?

QUESTION 5: Can you define when your performance in this task would be good enough?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

QUESTION 6: What stops you from stopping? What compels you to keep on?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

PART 3: IDENTIFY THE DIFFERENCE

QUESTION 1: What are the differences in your perspectives?

QUESTION 2: What themes do you notice in both sets of answers?

QUESTION 3: What is the context that triggers your feelings and behaviors of imposter syndrome?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

PART 4: THE UNCONSCIOUS "RULES" OF PERFECTIONISM

QUESTION 1: What are the internal dialogues you have that underlie why you feel you have to be perfect?

QUESTION 2: Now you have identified that dialogue, what unspoken rules are exposed?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

PART 5: CHANGING THE RULES

QUESTION 1: Is the rule true?

QUESTION 2: If you think the rule is true, what evidence or facts do you have to support it?

QUESTION 3: How is the rule serving you?



WORKSHEET 20 (CON'T)

LETTING GO OF PERFECTIONISM
STARTS WITH AWARENESS

QUESTION 4: What would an alternative rule be: one that would help you recognize when it's good enough so you can stop?

QUESTION 5: How can you test and try this new rule out?



WORKSHEET 21

RECOGNIZING YOUR INNATE GIFTS

PART 1: LETTING GO OF DISCOUNTING YOURSELF

Practice allowing yourself to receive positive comments and feedback without needing justification. Write down some of the positive feedback you received.

PART 2: LEARNING TO RECOGNIZE YOURSELF

What did you give yourself a pat on the back or high-five for today?



WORKSHEET 22

WHEN DO YOU LET YOURSELF RELAX INTO YOU?

INSTRUCTIONS: Take some time out for yourself and consider your responses to the following questions.

QUESTION 1: When have you felt most relaxed and comfortable?

QUESTION 2: What makes you lose track of time?

QUESTION 3: When you are relaxed, who are you with?



WORKSHEET 22 (CON'T)

WHEN DO YOU LET YOURSELF RELAX INTO YOU?

QUESTION 4: When you feel comfortable, what kind of environment are you in?

QUESTION 5: What seems to come easily to you, or feels effortless?

QUESTION 6: When have you most felt alive?

QUESTION 7: When have you most felt like the real you?



WORKSHEET 23

OLD COAT, NEW COAT



GUIDED EXERCISE

Listen to the accompanying mp3 recording for this exercise. Once you've finished the exercise, note your observations and insights below.



WORKSHEET 23 (CON'T)

OLD COAT, NEW COAT

To mark the occasion of letting go of your old coat and taking on the new, think about choosing a symbol that internalizes this spiritual rebirth. For example, you might like to buy a pen that you'd enjoy writing with, or a new jacket that symbolizes the new you. Decide on what this symbol should be, and take action on it today or in the next few days. And, whenever you use it or look at it, remember those realizations and insights you have discovered.

Make a note below of any arising thoughts on what your symbol might be.

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



SERENA CHOO