HANDOUT: WHY DO YOU DO THIS WORK?

Describe the memory:

_____

_____

_____

Inside that memory, what you are doing?

_____

Inside that memory, how you are behaving?

_____

Inside that memory, what personal qualities are you exhibiting?
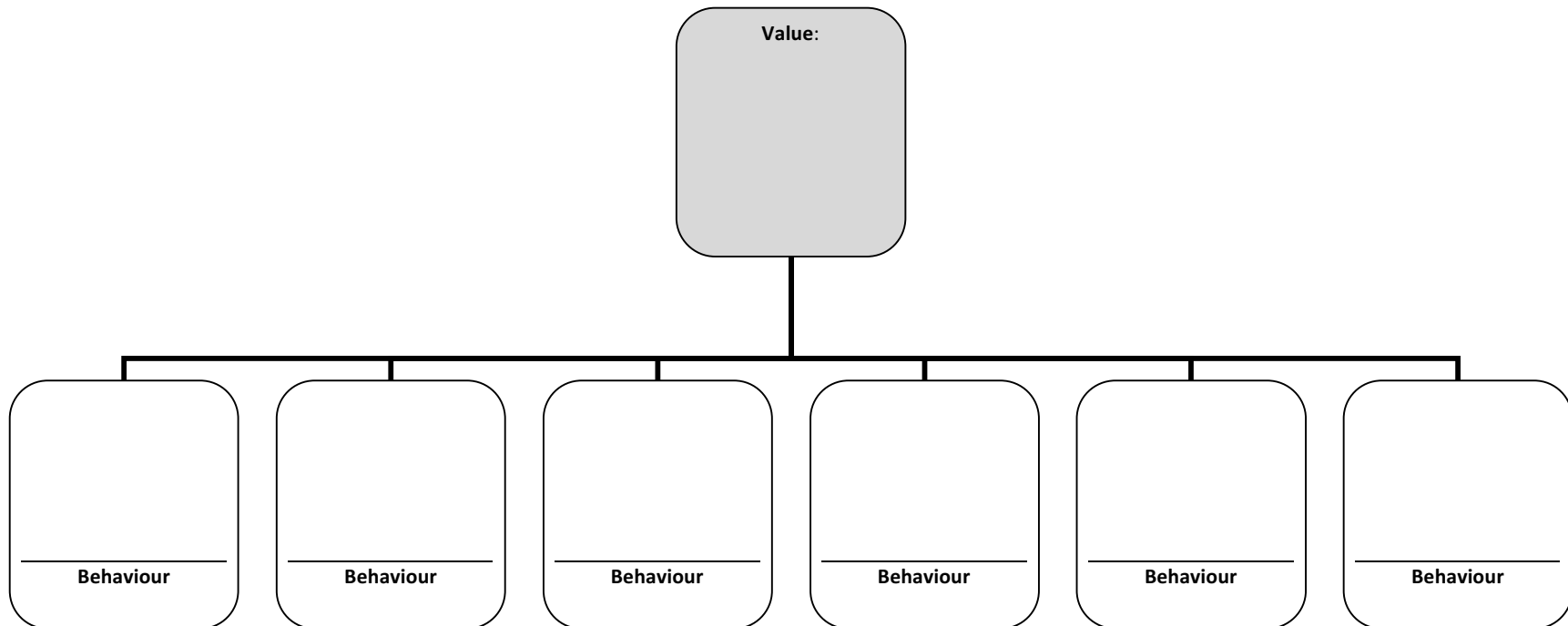
_____

Inside that memory, how are you treating yourself, others, and the world around you?

_____

What does this reveal about the personal qualities you'd like to embody?

_____

_____

_____

What does this suggest about the way you'd ideally like to behave?

_____

_____

_____

HANDOUT: VALUE & ASSOCIATED BEHAVIOURS

Value:

Behaviour	Behaviour	Behaviour	Behaviour	Behaviour	Behaviour

HANDOUT: GOAL-SETTING & THOUGHT BARRIERS

STEP 1: SET YOURSELF A CHALLENGING GOAL

- Something you want to do but not currently doing
- Perhaps something that is challenging enough to take you out of your normal 'comfort zone'

My goal is to:

_____

_____

_____

_____

I intend to achieve this goal by (date):

_____

STEP 2: NOTICE WHAT YOUR MIND SAYS AND DOES

Write any thoughts (or 'self-talk') that you notice in the spaces below

My caveman minds is saying:

_____

_____

_____

_____

_____

_____

_____

_____

STEP 3: REFLECT ON WHAT YOU NOTICED ABOUT YOUR CAVEMAN MIND

The human mind tends to generate all sorts of thoughts. Some may be encouraging – perhaps predicting that you will go ahead and achieve your goal.

However, the human mind is also very good at generating 'reasons' for why we won't/ can't/shouldn't/ might not achieve a goal. This type of chatter often comes in the following forms:

☐ **OBSTACLES**
   Our mind points out all the obstacles and difficulties that lie in our path
   Example: *"I won't have enough time"*

☐ **JUDGMENTS**
   Our mind tells us all those ways in which we're not up to the task
   Example: *"I won't do it right"*

☐ **COMPARISONS**
   Our mind compares us unfavourably to others who seem to do it better, have more talent, or have it easier
   Example: *"Others don't seem to have this problem"*

☐ **PREDICTIONS**
   Our mind predicts failure, rejection, or other unpleasant outcomes
   Example: *"This won't work"*

SEE IF ANY OF YOUR OWN THOUGHTS FIT INTO THESE CATEGORIES.

HANDOUT: GIVING IMPOSTER SYNDROME A NAME

Now that you've taken the time to identify what Imposter Syndrome looks like to you, it's time to give your imposter syndrome a name!

The goal is to create a new relationship with Imposter Syndrome. We want to learn to treat Imposter Syndrome like a mischievous puppy or a child trying to help you bake in the kitchen: well-intentioned yet accidentally causing more work for you.

What name do you want to give Imposter Syndrome*? (remember: we're giving Imposter Syndrome a real name. "Stupid Face" or any other mean label is not a name.)*

My Imposter Syndrome's name is: _____

If you're feeling really bold, draw below what they look like to you. Maybe Imposter Syndrome is tiny and sits on your shoulder. Maybe they are big and imposing looking. Maybe they look like a baby dragon (that's mine). You get to decide.

1. Now, introduce yourself to your Imposter Syndrome using their name.

2. Practice telling them that you know the two of you have been fighting for a long time, but that from this moment forward you are going to work on being their friend.

3. Notice any resistance to that idea, and see if you can soften around that feeling or sensation, allowing it to be there.

Jessica Borushok, 2020. Adapted from Busy Mind Reboot course.

Feeling: _____

Take care of your feeling:
- acknowledge it
- notice your reaction to it
- take care of your feelings like a puppy

Be a responsible pet owner

"the puppy is just being a puppy"

Feeling: _____

Take care of your feeling:
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Feeling: _____

Take care of your feeling:
- acknowledge it
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Be a responsible pet owner

"the puppy is just being a puppy"