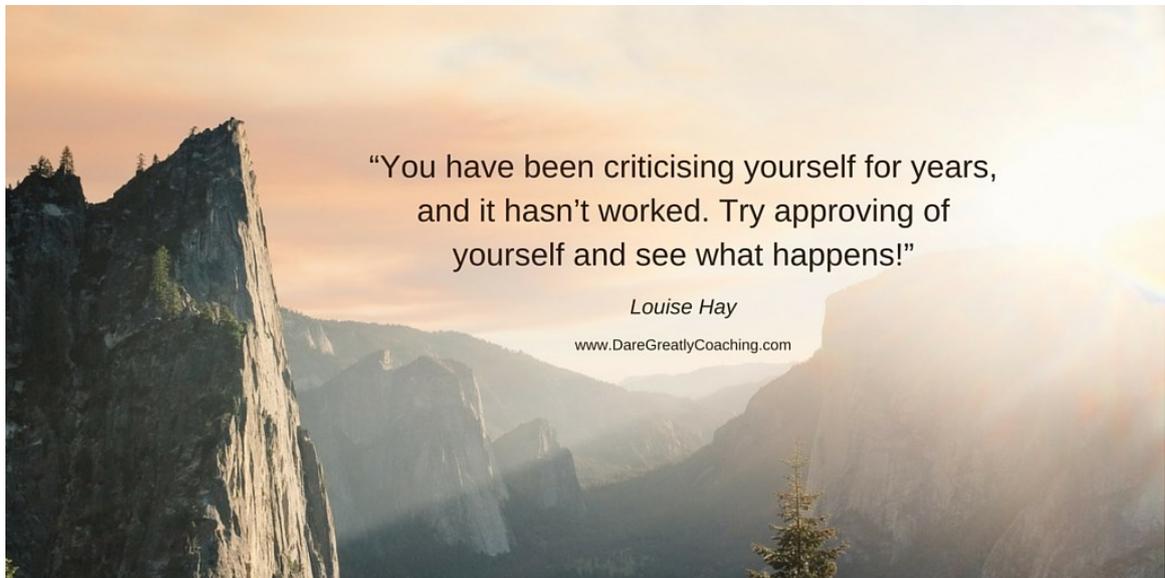




## 10 Things You Can Do To Stop Feeling Like a Fraud



If you’ve ever found yourself thinking something along the lines of ...

- *“If you really knew me you wouldn’t be complimenting me on my work”*
- *“Any minute now, they’re going to find out what I don’t know”*
- *“I am really good at faking it”*
- *“The only reason I was able to successfully complete that project is because I was really lucky”*

... you are not alone! Actually, you are in really good company! According to some research 70-80% of people at some time or another experience feeling like a fraud.

Thankfully feeling like a fraud or an impostor is something you can work on. There is no need to live the rest of your life in fear of being found out as someone who has been faking it all along!

### **10 Things you can do to stop feeling like a fraud**

1. **Be honest**
2. **Start talking about it**
3. **Get perspective**
4. **Set realistic goals**
5. **Reframe failure**
6. **Keep asking questions**
7. **Track your successes**
8. **Don’t go it alone**
9. **Help others**
10. **Stop comparing to your heroes**

**Let me explain!**



## 1. Be honest

**Admit to yourself** you sometimes feel like an impostor; someone who shouldn't be in the position you are holding.

The fact that you have decided to download this paper, is the first step on your way to recognizing what everybody else already knows: you are really good at what you do!!

## 2. Start talking about it

**Find people you trust and feel safe** with to talk about your feelings and insecurities. They are your support system. These people must be willing and able give you honest feedback without judgement.

And no, your immediate family, your best friend, are probably not the best people to fulfil a role in this. They look at you through the coloured lenses of their love and appreciation for you. They are likely to say nice things about and to you whatever it is you do.

## 3. Get perspective

*"So something went wrong in your otherwise successful assignment. Who is going to fire you over an assignment that is a success?! Your client is still satisfied with the results right?!"*

This is where your support system is really useful. When you find yourself sinking into negative self-talk, reach out to them. They can help you **put into perspective whatever is causing your self-talk to spiral out of control**.

## 4. Set realistic goals

Setting realistic goals is incredibly important. You wouldn't set out to scale Mount Everest if you've never even climbed a hill, now would you? You would be bound for failure! Instead **set yourself goals that challenge you, but you also know you are capable of reaching**. Start out with hills, before moving on to any kind of mountain.

## 5. Reframe failure

Thomas Edison is famous for saying about the many attempts to produce a viable electric light bulb: "I have not failed. I've just found 10,000 ways that won't work". Where others saw only failure, he saw 10,000 learning experiences.

When something goes wrong or you don't manage to hit the target you set yourself, reframe that experience and **focus on what you can learn from it, on how you can grow through it**. The next time you at the very least will know what not to do.

## 6. Keep asking questions

The only way to keep learning and developing yourself is to keep asking questions and gather new experiences.

I'm sure, like me, you've had the experience of sitting in class or a meeting not quite understanding what was being said but afraid to ask for clarification. Weren't you relieved when somebody else raised the question that was burning on your mind? Did you think that person was stupid or a fraud? Of course not!

So keep asking those questions! **It is the best way to gain new knowledge and understanding!**

## 7. Track your success

Whenever you successfully complete a job, get complimented on your achievements, don't just shrug it off! Instead accept compliments consciously and gracefully! **Keep a journal in which you note your successes**. Or create a swipe file of all the compliments you've gotten.

LinkedIn also is a great way of creating a log of accomplishments. After all, your LinkedIn profile tells the story of all the successes you've had in your career. And to top it all off, your LinkedIn contacts will be giving you endorsements and testimonials too.

## 8. Don't go it alone

Doing everything yourself, because you are afraid asking for help is tantamount to admitting you don't know what you are doing, is a dangerous road to travel. Nobody can do everything by themselves and nobody is expected to. It is the shortest way into a burnout!



When you acknowledge what you are good at, you can also see when the limits of your knowledge and experience have been reached. Should you not be clear about what you're good at, ask people around you what they think you're good at. Or try and figure out what it is people come to you for when they need help.

**Ask for help when you reach the limits of what you know and can do.** People usually will give it to you gladly. Just like you are glad to help those who ask you for it.

## 9. Help others

Don't just look up towards to those who have gone before you in your particular field of expertise. Look back to those who do not yet have your experience. They would love to know what you already know. **Teach them by sharing your knowledge and experience.**

Helping others also is a great way to keep your negative self-talk in check. After all, you want those you teach to feel confident in what they do. When you say you feel like you don't know what you are doing, what does that say about them?!

## 10. Stop comparing to your heroes

Everybody has their heroes. People who they seek to emulate. Your heroes, however, are not magical wizards at what they do. They were not born with all the skills and knowledge they now have. Your heroes are not super human! **They have had to learn through mistakes, just like you!**

Realize everybody in your field is on the same timeline of learning. The difference being that everybody is on a different position on that line. Those who have just left school are at the very start, while those that are already 25 years are much further along.

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I hope you have found these tips to be useful. Feel free to share them with anyone you think might benefit from them.

When you want to explore how **coaching can help you stop feeling like a fraud**, find your self-confidence in your abilities and celebrate your successes, you can [schedule a call with me](#) or visit my website at [www.daregreatlycoaching.com](http://www.daregreatlycoaching.com).

If you haven't already, be sure to join the Mountain Seeker community: **sign up for the Dare Greatly Updates.**