

11 October 2021

*The weekly challenge and actions have been designed to push you out of your comfort zone and make you look at different perspectives. What we focus on becomes a representation of our experiences so if we do things differently, improvements in all aspects of our life will start to happen. Please ask if you have any questions but more importantly, enjoy!*

## Imposteur Syndrome

*This week's challenge tackles Imposteur Syndrome & what it means to us. The definition is broadly when we believe to be a fraud & fear to be found out, or the constant inability to believe that something isn't deserved or legitimate. It can happen in both our work and personal lives. In 99.99% of cases, the belief we hold is false and mainly a result of (completely different) inner fears and negative self-talk. If we challenge ourselves in an authentic and honest way, we can squash the unhelpful belief and more importantly, change its meaning. Identify one Imposteur Syndrome behaviour each day and take your time and be open to what comes to you naturally.*



*Monday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Tuesday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Wednesday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Thursday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Friday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Saturday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*

*Sunday - What's the behaviour? Does the belief you hold about it true? Absolutely true? How does it make you feel when you believe it to be true? What's the intention behind it? What new meaning can you give it?*