MINDTHEORY
GREATER MINDS BRIGHTER LIVES

Understand Your Mind. Build a Kinder You.



Quick Guide: Overcoming Imposter Syndrome

Same abilities. A kinder perspective.

YOU BELONG HERE

1 The Core Paradox

Success can shine a light on self-doubt.

- Success can increase self-doubt. The higher you go, the more you might worry about being exposed as a fraud.
- External achievement and internal confidence do not always rise together.
- Many capable people privately fear they are not as competent as others think.

Success doesn't always silence doubts.

You're not alone in feeling this.

2 Why It Happens: Attribution & Goalposts

Different stories for wins and setbacks. And the finish line keeps moving.

HIGHER STANDARDS AHEAD...

- People often credit their success to luck, timing, or help, while blaming themselves for mistakes.
- As they grow, their standards move higher, making achievement feel temporary or never enough.

Growth has lag.

You achieve.
You grow.
The goalposts move.
That's human.

3 The Trap: Overpreparing vs Procrastinating

Two different behaviours. The same fear.

OVERPREPARING

- ✓ Doing excessive research or prep.
- ✓ Trying to be 100% ready.
- ✓ Aiming to avoid being exposed.

SAME TRAP

PROCRASTINATING

- ✓ Putting things off because starting feels risky.
- ✓ Fear of making mistakes.
- ✓ Avoiding the chance to be judged.

Both behaviours feed anxiety and reinforce self-doubt.

4 4 Practical Actions

Small shifts. A bigger, kinder perspective.

- ✓ **Fact Log**
  Keep evidence of wins and effort.
- ✓ **Narrative Reframing**
  Replace "I fooled them" with a balanced interpretation.
- ✓ **Separating Feelings from Facts**
  Feeling unsure does not prove incompetence.
- ✓ **Talking Openly**
  Discuss it with trusted peers or mentors.

Evidence matters.

Feelings are not facts.

PROGRESS OVER PERFECTION

A healthier mind helps you do a brighter you.

INSIGHTS • TOOLS • A KINDER TOMORROW