

FOR THE SECRETLY-NOT-SURE.

# IMPOSTER FEELS LIKE A LIE. **IT'S A SIGNAL.**

*Imposter syndrome is your ambition outrunning your self-belief; both are real*

## THE STOIC PRINCIPLE

The voice telling you you are a fraud is not lying. It is measuring the gap between what you can do and what you want to do. The gap is the proof you are aiming somewhere worth aiming. Aim is not pretending.

## THE STOIC SUPPORT

*"Don't be someone groveling for a shot. Have confidence that you are someone with something special to offer."*

RYAN HOLIDAY | THE OBSTACLE IS THE WAY

# STOIC STEPS FOR RADICAL RESILIENCE

Five moves for when the brain says 'they're going to find out.'

## 01 TRANSLATE THE FRAUD FEELING

'I am not qualified' usually means 'this is harder than the last thing I did.' Yes. That is how growth works. Reframe it. The discomfort is the cost.

## 02 INVENTORY THE ACTUAL EVIDENCE

Write down 10 things you have done in the last year that the fraud-voice forgot. The list is real. The voice is dramatic. Trust the list.

## 03 FIND THE SMALLEST GAP, CLOSE IT

Imposter syndrome thrives on big abstract gaps. Identify one specific skill the new role requires that you do not have. Spend 90 minutes on it this week. The fraud voice quiets when it sees you working.

## 04 OPERATE AT THE LEVEL YOU WERE HIRED FOR, NOT THE LEVEL YOU'D HAVE TO BE TO FEEL SAFE

You were hired to grow into this. They saw something. The job is not to feel ready. It is to do the work in front of you.

## 05 STOP COMPARING YOUR INSIDE TO THEIR OUTSIDE

Everyone competent feels like a fraud at some point. The ones who do not are usually the actual frauds. (You know who you are. We all know one.)

### THE REFRAME

*Two kinds of failure: never trying because you're afraid, and trying badly. The first one teaches you nothing. The second one becomes the next chapter.*