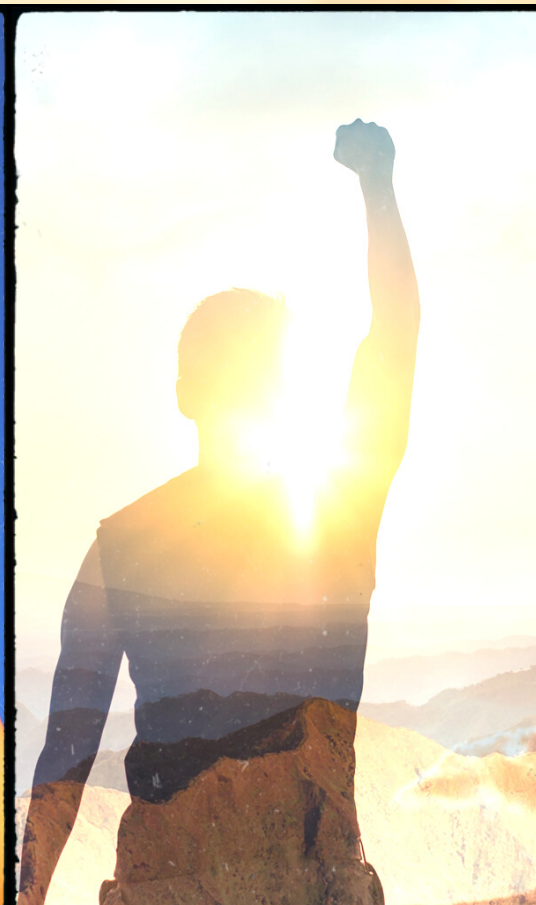


# 5 WAYS TO FIGHT IMPOSTER SYNDROME

*"Empowerment for Artists, Creators, and Starseeds"*

MINI E-BOOK BY  
BOOKS & BANGERS



# 5 WAYS TO FIGHT IMPOSTER SYNDROME

"Do I belong here? Do I really deserve this?" Someone facing imposter syndrome would be inclined to say, "no."



Many of us have experienced "imposter syndrome" at some point in our lives, often without realizing it was occurring. Some people can get over their feelings, but others may struggle with it for long periods of time.

What exactly is **Imposter Syndrome**, and how does it affect urban intellectuals, AKA high achievers living in populated areas?

Imposter syndrome is a sensation people experience where they have constant, sometimes chronic, feelings of fraudulence, inadequacy, and a sense they are undeserving of all their achievement, recognition, and praise.

It creates a deep feeling of self-doubt around what should be a person's proudest and happiest moments. On tour for her book *Becoming*, Michelle Obama told an all-girls school in London that she still experiences imposter syndrome after years of success in the public eye.

Imposter syndrome may leave a person feeling that their accomplishments result from luck rather than having the talent and skills necessary to succeed. Sometimes people who experience Imposter Syndrome feel that they are lying to those around them or have stolen opportunities from others who deserve them more.

Many factors are in play regarding why people experience imposter syndrome-- hypercriticism of self, perfectionism, being overpraised as a child, or not identifying with other people working in their sector.

So how can high achievers reduce this crippling feeling of doubt?



# 5 WAYS TO FIGHT IMPOSTER SYNDROME

**1. Don't Fear Failure:** Rather than fearing potential failures, expect them, and plan for them. Break the cycle of perfectionism and allow yourself to breathe and make mistakes, even if they are simple ones. This helps you lower your expectations of yourself.

Remember, you are only human, humans aren't perfect, and you're judging yourself harder than strangers.

**2. Celebrate Your Achievements:** Whether it is going for a meal with a loved one, opening a bottle of wine and having a long bubble bath, or reflecting on everything you have achieved, celebrate your wins. It takes a lot to initiate a project even more to finish them. Remind yourself that it was YOU who did all this.

**3. Build a Supportive Team and Set Goals:** Tying into point number one, it is okay not to know everything about everything! High achieving people often set incredibly high standards for themselves. But it is okay to be a beginner at something, and it's okay to make mistakes. Make a list of your strengths and weaknesses and be honest. Set realistic goals, and invest in a team to pick up where you lack.

**4. Talk It Out:** Whether it is a close friend or a professional. Talking over these feelings of self-doubt and inadequacy can really help you get to the root of the problem and organize your thoughts.

Be careful though, some people may not understand and may say things like "get over it" or "you're dramatic." They say this because they cannot understand your vision. This is why it is important to celebrate your achievements as they occur. Remember, only you know your project's depth and importance, and your feelings are valid and deserve to be heard without being bashed or brushed off.

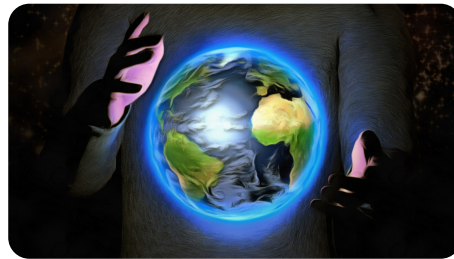




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**5. Remember It Is Okay To Feel This Way:** Imposter syndrome can easily turn into a vicious cycle of guilt and shame. The doubt and guilt can become so heavy that some will choose to be immobile and let their life and opportunities pass them by.

Remember, there are people out there doing half as much as you but going twice as far because they have confidence. If you're reading this, you are probably great at what you do, so I'm here to remind you that your doubt is a scam.



As Creators, Artists, High Achievers, and Starseeds, we have heard and seen people count us out. Some of these people have been our own parents, our teachers, and for some, the media gives us no grace to be mediocre. This is the very reason we push so hard at everything we do.

Still, it is vital to remember that just because you feel like a fraud or undeserving doesn't mean you are! Feelings are real, but they are not facts.

Take some time to appreciate all that you are, all you have achieved, and how far you have come from where you started.

Imagine how you would respond to a friend or a child explaining their self-doubt to you. You would encourage them and act with compassion, so why not do that for yourself. Start today.

I hope you find this e-guide helpful to smashing your goals!

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## ABOUT THE AUTHOR OF THIS MINI E-BOOK



**Ross Victory is a songwriter and author from Los Angeles, CA.**

The logo for 'Books & Bangers' is written in a stylized, handwritten font. Above the word 'Books' is a small icon of an open book, and below the word 'Bangers' is a small icon of a boombox.