

# The Brendon Show

with

———— BRENDON BURCHARD ————

**How to Relieve Imposter Syndrome**

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## **How to Relieve Imposter Syndrome Training Guide**

Summary.....	3
Sentence Completion.....	4 -7
Notes.....	8 - 11

# SUMMARY

This episode is about dealing with Imposter Syndrome and how to relieve these symptoms. Follow the strategies below to combat Imposter Syndrome, so you feel more confident, competent, and authentic as you tackle your goals, achieve your dreams and serve others.

*Follow along in the training with the notes below, then finish the sentence completion exercise to start overcoming Imposter Syndrome and develop greater confidence.*

## 1) Stop Faking It.

Stop asking if you belong and start asking if you're being of absolute service every day. Start asking how you can do what you're doing in a way that is authentic and adds real value in the way that only you would. Stop trying to do it the way everyone else is doing it. You're here to add your own unique value.

## 2) Stop Avoiding Difficulties.

If you don't feel like you deserve your level of success, then a common strategy for many people is avoidance. Stop avoiding difficult tasks. Those are the tasks that give you momentum and progress towards your goals. Embrace the challenges that move you forward and integrate those wins into your identity.

## 3) Work on Daily Goals.

Stop showing up randomly to so many days in your life. Have a plan. Stop being reactionary and start being proactive. When you leave your time to randomness, you are stealing from your greatness.

## 4) Visualize and Meditate the Outcomes of Your Contributions.

You need to feel the outcome of your work in order to relieve Imposter Syndrome. Start visualizing and meditating on the actual outcome of your contributions. Recognize and remember the effect you've had in the world. Any time you feel inadequate, start visualizing yourself achieving your goals. The world is ready for you.

*Follow these guidelines to overcome Imposter Syndrome and to start serving your mission from your most authentic sense of self.*

## Sentence Completion Activities

On this page, Brendon begins sentences that you are to complete.

*There are no right answers. Take this as an opportunity to think and write. Sentence completion activities can be powerful, if you actually write about the answers. Simply reading the phrases has little effect. Profound insights and ideas arise when you put pen to paper!*

### 1. One thing I can do every day to be of service is...

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### 2. I will add authenticity and real value by...

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### 3. I will stop avoiding these difficult tasks...

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### 4. Whenever I feel like I want to avoid a challenge, I will remind myself...

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**5. I will stop showing up randomly and start showing up with intention by...**

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**6. One way I can stop being reactionary and more proactive is...**

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### 7. The outcome of my contributions and work can be described as....

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### 8. I will integrate my contributions into my identity by doing the following...

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