

THE UNWITTING IMPOSTOR

EXERCISES

This PDF accompanies the ebook *The Unwitting Impostor: A Practical Guide for Those Who Never Feel Enough*.

If you're here, it means you've read the ebook and decided to take concrete action.

Well done.

And thank you sincerely for your trust.

These exercises are meant to be done on paper. You can print this file as many times as you like. It will always remain freely accessible. Alternatively, you can copy the questions by hand into a notebook. What matters is continuing to work through them until you feel confident that you've internalized the mechanism.

Keep going.



ATTRIBUTIONAL JOURNAL

Every time you achieve a positive result, record it in this journal along with what you did to achieve it.

Fundamental rule: you are not allowed to attribute the result to luck

Date: _____

Success:

- What did I do, concretely?

- Which skills did I use?

- Which obstacles did I manage to overcome?

- What could have gone wrong?

TRANSLATING CRITICISM

This section is designed to help you extract useful information from criticism. Take the critiques that affected you the most and complete the table below. If you're unsure how to do it, reread the section on accepting criticism.

Fundamental rule:

If you cannot identify any usable information, explicitly write “non-actionable criticism”.

CRITICISM

Threat:	
Content:	

CRITICISM:

Threat:	
Content:	

CRITICISM:

Threat:	
Content:	

