

## Overcoming

# IMPOSTER SYNDROME

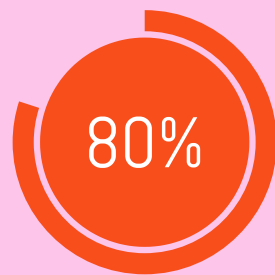
4 simple steps you can take RIGHT NOW



### 80% Rule

1

*Let it go. Research shows there isn't that much difference between 80% and perfect. Let clients shape it too*



### Set time limits

2

*Set boundaries for yourself to stop that over-work. Support yourself to work, not over-work and over-think*



### Reset your internal dialogue

3

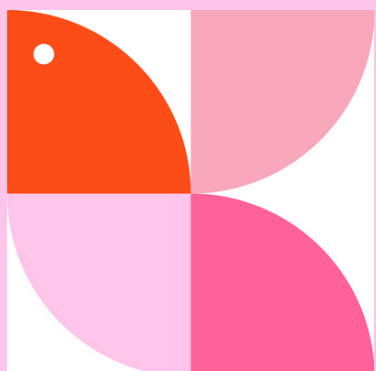
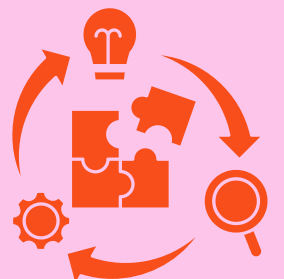
*When you hear that voice - just move on. It doesn't mean anything. It isn't real. Replace it with 'I can do this'. 'I am enough'*



### Adopt 'minimum viable product'

4

*Test very early drafts and test often. This gives you confidence you are on the right track and builds a collaborative approach*



**Be kind to yourself!**

You got this. You wouldn't be here if you didn't.