

Overcoming Imposter Syndrome in Your New Job: A Guided Worksheet

This worksheet is designed to help you identify and address feelings of imposter syndrome in a structured and practical way. Work through each section at your own pace.

1. Acknowledge Your Achievements

Exercise: List Your Wins

Write down your achievements, skills, and qualifications that helped you secure your current role. Reflect on each one and consider how it prepared you for your position.

2. Reframe Negative Thoughts

Exercise: Challenge Your Inner Critic

Identify a negative thought you've had about your abilities at work. Write it down and then counter it with evidence or a positive affirmation.

3. Set Realistic Goals

Exercise: Break Down Tasks

Choose a work-related goal that feels overwhelming. Break it into smaller, manageable steps. Write each step below.

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4. Seek Support

Exercise: Build Your Network

Identify at least three people you can turn to for support in your new role. They might be mentors, colleagues, or friends. Write their names and how they can help.

5. Celebrate Progress

Exercise: Track Your Wins

Keep a log of your daily or weekly accomplishments. Use this space to write about what you've achieved and how it made you feel.

6. Limit Comparisons

Exercise: Focus on Your Journey

Write about a time when comparing yourself to others was unhelpful. Then list what makes your journey unique and valuable



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7. Practice Self-Compassion

Exercise: Write a Letter to Yourself

Write a letter to yourself as if you were a friend offering encouragement. Use kind, supportive language.

8. Plan for Growth

Exercise: Identify Learning Opportunities

List areas where you'd like to grow and how you plan to develop these skills. This could include training, asking for feedback, or shadowing colleagues.

9. Daily Affirmations

Exercise: Create Positive Affirmations

Write down three affirmations that you can repeat daily to boost your confidence.



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10. Reflect on Your Progress

Exercise: Monthly Check-In

At the end of each month, reflect on the following:

What have I achieved this month?

What challenges did I overcome?

What am I proud of?

What have I achieved this month?

What challenges did I overcome?

What am I proud of?

