

# Journaling prompts for when Imposter Syndrome strikes



Journaling can be a powerful tool for self-reflection and personal growth. If you're experiencing imposter syndrome, these prompts can help you gain clarity, build confidence, and reaffirm your worthiness of success. Set aside some quiet time to reflect on any of these questions and write down your thoughts.



1

## **Celebrate your achievements**

What recent accomplishments am I proud of?

What specific skills and efforts contributed to these achievements?

How have my actions positively impacted my team, project, or organisation?

## Challenge negative self-talk

What negative thoughts do I frequently have about my abilities and successes?

What evidence do I have that contradicts these negative thoughts?

How can I reframe these thoughts in a more positive and realistic way?

## **Acknowledge your growth**

How have I grown and developed in my professional journey over the past year?

What new skills or knowledge have I acquired?

What challenges have I overcome, and what did I learn from those experiences?

## Seek external perspectives

What positive feedback have I received from colleagues, mentors, or supervisors?

How can I better internalise and accept this positive feedback?

If I were in the shoes of the person who praised me, what qualities would I see in myself?

## Identify and combat biases

What societal or organisational biases might be contributing to my feelings of self-doubt?

How can I remind myself that these biases are external and not a reflection of my actual abilities?

What steps can I take to challenge and change these biases in my workplace?

## Reflect on role models

Who are the women leaders or mentors I admire, and what qualities do I respect in them?

How have these role models dealt with imposter syndrome, and what can I learn from their experiences?

What advice might they give me about my current situation?

## **Plan for continued success**

What are my short-term and long-term professional goals?

What steps can I take to continue growing and succeeding in my career?

How can I build a support system to help me achieve these goals and combat imposter syndrome?



## **Embrace vulnerability**

What aspects of my work do I feel least confident about, and why?

How can I approach these areas as opportunities for learning rather than as proof of inadequacy?

Who can I reach out to for support, mentorship, or collaboration in these areas?

## Document your journey

What did I accomplish today that I am proud of, no matter how small?

How did I feel about my work today, and what factors influenced those feelings?

What steps can I take tomorrow to build on today's successes and address any challenges I faced?

## Practice self-compassion

How can I be kinder and more understanding toward myself in moments of self-doubt?

What would I say to a friend or colleague experiencing similar feelings of Imposter Syndrome?

How can I incorporate that same compassion and encouragement into my self-talk?

Remember, Imposter Syndrome can be particularly challenging during periods of success, but journaling can help you process these feelings and regain control. By reflecting on your achievements, challenging negative thoughts, and planning for continued growth, you can build a stronger sense of self-worth and confidence. Use these prompts regularly to nurture your professional and personal development, embracing your success with the assurance that you truly deserve it.

There are 5 kinds of imposter syndrome – which one is yours?

Why your Imposter Syndrome strikes when you're at your most successful

More everywoman resources on Imposter Syndrome

Four causes of Imposter Syndrome that are nothing to do with 'you'

Overcome Imposter Syndrome

How to journal and why you should