



AN OVERCOMING IMPOSTER SYNDROME JOURNALING COMPANION

Write honestly, challenge old stories, and remember who you are.

A Note from Vanessa

I'm so glad you're here. I know what it feels like to walk into a room with confidence, only to forget who I am when comparison, fear, or shame begins to speak. I call that identity forgetfulness. This worksheet is an invitation to slow down and remember: your experiences, strengths, values, and mission are still yours, even when confidence feels shaky. My hope is that, as you write, you will recognize the stories that have kept you hidden, replace them with truth, and practice showing up as the woman you were designed to be.

About Built by Design Coaching

Built by Design Coaching helps women move beyond comparison and limiting beliefs, understand their authentic strengths, and build lives and businesses with confidence, clarity, and intention. As a Gallup-Certified Strengths Coach, I use CliftonStrengths as a doorway into deeper self-understanding - not as the destination. Coaching helps women recognize recurring patterns; trust the way they are uniquely designed, align their decisions with their values, and take intentional action.

DISCOVER YOUR DESIGN	GROW YOUR CONFIDENCE	BUILD YOUR BUSINESS
Understand your strengths, recurring patterns, values, and natural design.	Move from knowing your strengths to trusting and intentionally living from them.	Build a business aligned with your strengths, values, leadership style, and vision.



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Imposter Syndrome Worksheet

Day 1 • Remember Who You Are

Imposter syndrome often feels like forgetting who we are. In a vulnerable moment, fear can make us lose sight of the skills, strengths, and experiences we already carry. Confidence lives in our self-identity. When we pause and remember what is true about us, we can step back into the room with a clearer sense of who we are and what we bring.

Think of a moment when you felt insignificant, or as though you did not belong. What happened?

What did fear cause you to forget about your skills, strengths, values, or experience?

If you could return to that moment remembering who you are, what truth would you carry into the room?

What is one action you would take differently from that place of truth?



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Day 2 • Take Off the Mask

Comparison can convince us that everyone else is more polished, successful, or prepared. We compare another woman's public presence with the private parts of our own lives, then put on a mask to protect ourselves. The mask may help us get through the moment, but it also keeps our authentic selves from being seen. Visibility feels risky, yet authentic connection is how relationships - and businesses - grow.

Where are you most tempted to compare yourself with another woman? What are you assuming about her?

What part of yourself do you hide, soften, or change when you put on a mask?

What strengths, values, or experiences would be visible if you showed up more authentically?

What is one small, courageous way you can let your authentic self be seen this week?



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Day 3 • Separate Shame from Truth

Shame whispers that we are not good enough and do not belong. Those messages often grow from incomplete stories formed when we were younger and more vulnerable. They may feel familiar, but familiarity does not make them true. It takes courage to examine these stories, identify the pieces that do not belong in the picture of who we are, and rebuild our identity with truth, encouragement, and confidence.

What message does shame repeat when your confidence begins to disappear?

When do you remember first believing this message? What was incomplete or untrue about the story?

What evidence from your life, character, strengths, and experience challenges that old message?

Write a truer statement about who you are—one you are willing to practice believing.



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Day 4 • Rewrite the Story

Journaling gives us a place to be real with ourselves. We can name a challenge, describe the good and the difficult, pull apart the lies, and set our minds against them. Then, using what we know about our strengths, talents, values, and experiences, we can rewrite the story according to our true identity. Line by line and day by day, truth can become louder than shame.

Choose one challenge you are facing. Describe what happened and what you are feeling – be honest.

What fearful, discouraging, or untrue story are you telling yourself about this challenge?

Rewrite the story using the truth about your strengths, values, experience, and authentic identity.



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Day 5 • Be Seen and Known

Confidence grows when we practice authenticity in the company of people who value real relationship, growth, and encouragement. The right community becomes a safe place to take off the mask, take meaningful risks, and be seen and known. As you look back over these pages, notice what you are ready to remember, release, and carry with you into the next room.

What truth about your identity stood out most? Why?

What old story or comparison are you ready to release?

Where can you be authentic, take risks, and grow? What makes that *community* different?

Who can you encourage so that she feels seen and welcomed?



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