Impostor Syndrome comes in multiple flavours:

- You act 100% confident, but you're a total fraud.
- BTW, you may feel good now, but you're a complete fraud.
- You are totally underqualified.
- Underestimating your own ability.

Impostor Syndrome:

- Fail
- Underestimate your worth.
- Be underqualified

But you can fight the feeling:

- I'm not good at this. The first few months at this job are crap.
- Unsubscribe from doubt.

Find a:

- Wingwoman
- Mentor
- Mentee

Psych yourself up:

- You are fantastic.
- Don't let self-doubt destroy your self-confidence.

Visualise success:

- (like an Olympian)
- Be completely on top of everything.

Squash the negative self-talk:

- Show me the evidence.

Be completely on top of everything:

- Be ready to get things wrong.
- Overprepare

Want an ally in impostor syndrome?