

HOW TO NEVER EXPERIENCE IMPOSTER SYNDROME AGAIN

[Click here for my #1 way way to never feel like an imposter again!](#)

We've all been there. I recently experienced it. Yes, even me, a professional with 23 years of experience, gainfully employed, highly regarded and respected by my peers. My direct reports love me and rave about me all day long. My boss is constantly telling everyone how smart and talented I am. How much the company values me and can't ever lose me. How did this happen to someone like me? I'll tell you.

Confidence is key.

Confidence, or losing it, plays a key role in getting imposter syndrome. If you lose it, or get stuck on something, or gasp, don't have an answer when called out in a meeting, will cause you to get a case of it. So what do you do? Like stella, you need to get your groove back.

GET SMART

If you think I'm joking about this, I'm not. Become smarter than the person that knocked you down. Show them! Nothing is more of a confidence booster and reminder that you're smarter than the person who made you feel inferior. I am not kidding. Becoming a literal genius will shut down feeling like an imposter immediately. It works because I tried it. I was recently judged by some know-it-less (see what i did there?) insecure person who felt threatened. I had worked on a presentation for a job, and poured my heart and soul into it. It was 70 pages long, and it was killer. But because it didn't contain enough pages on strategy, they decided I lacked that skillset. And I don't but, for a moment I believed it! I felt like an imposter. Maybe they were right? I then read an article on what to do, and decided to give myself a confidence booster, and started working out my brain. By boosting my IQ, I now know I'm classified as a genius, and next time someone tries to make me feel small, I smile and oh no, I'm not the idiot here.

[THIS WORKS: GAIN 20+ POINTS IN YOUR IQ IN 20 DAYS!](#)

Understand WHY you've allowed someone to make you feel this way

Did you make a small mistake? Did you have a low moment? Did you panic??? Understanding the key as to WHY this happened, allows you to pump the breaks and start by giving yourself a reality check. What Causes Imposter Syndrome? Imposter syndrome is likely the result of multiple factors, including personality traits (such as perfectionism) and **family background**.

One theory is that imposter syndrome is rooted in families that value achievement above all else.

Also ... Take these steps

1. Don't panic. If you get panic attacks like me, [CLICK HERE FOR A FREE WAY TO STOP THEM FROM HAPPENING!](#)
2. Give yourself a reality check. The first step to overcoming imposter syndrome is to pay attention to your negative thoughts. ...
3. #2: Keep track of your strengths and accomplishments. ...
4. #3: Create a support network at work. ...
5. #4 Build your knowledge bank.

Take a class!

Building your knowledge bank, take classes, learn a new skill! Anytime I've felt lessened about my skills, is an opportunity to learn.

For me, I take classes at Stanford Extended Learning, they're actually affordable, and this looks great on your resume.

LinkedIn learning is another way to learn, and if you want to learn something new for FREE, try good ol' Youtube.

Lastly, and this one is MY FAVORITE...

Quit Your Job and work for yourself

If someone at work is making you feel less than, if you've always wanted to work from anywhere, and take control of your life... Learn how to cash in, get rich by [building an e-commerce site](#). You don't have to actually quit your job to do this, in fact, please don't do that and blame me! But, take your power back, start building a second revenue stream with the [help of an expert](#), and eventually you'll be making enough money to not have to take any bs anymore. You can work poolside, on your own time and schedule. You can HIRE people to do the work for you. Doesn't that sound fantastic??? Now, I know how to build e-commerce sites, but I didn't know how to actually MAKE MONEY with them. I wanted to learn, and learn from someone who knows how to make profits fast, so that is what I started to do. I also started to do affiliate marketing, though, tbh I really have no idea what I'm doing there, but I am in the process of learning. I promise to update this article when I'm completed this step!