

# Reframing your imperfections

If you are quick to scold yourself for your flaws then take time to do this exercise. Often, our “imperfections” have a good quality within them. Try to look for that instead of beating yourself up.

MY IMPERFECTION	A REASON WHY IT'S A GOOD THING
<i>e.g. I get anxious about new things.</i> <i>e.g. I never finish any tasks.</i>	<i>e.g. I value my safety and I am cautious until I'm secure.</i> <i>e.g. I am full of ideas and excited to start them.</i>

# Imposter syndrome journaling

We tend to make up stories about why we don't deserve things (our job, our partner etc.) or things we're not good at. Try to identify beliefs about yourself that are bringing you down or holding you back and consider evidence for why they're not true.

## THINGS I DON'T DESERVE

*e.g. I'm in a job that's above my skill level. People are going to realise that soon.*

## REASONS IT'S NOT TRUE

*e.g. I have the necessary qualifications/ experience/ my boss chose me for this role based on my merit.*

## PEOPLE WHO ARE BETTER THAN ME & WHY

*e.g. Other parents seem so organised and never forget all the requirements for their kid's school and hobby clubs.*

## REASONS IT'S NOT TRUE

*e.g. I'm looking at everyone as a whole. Each individual will forget something at some point. Also, most of these things are not a big deal. My child won't be scarred for life because I forgot it was dress down day.*

