

Name: _____

Date: _____

IMPOSTOR SYNDROME

Independently reflect on the questions below

How can impostor syndrome show up in our lives?

What are some moments that you may have felt impostor syndrome?

How might impostor syndrome be connected to your perception of your beauty or intelligence?

(continued on next page)

IMPOSTOR SYNDROME

Which qualities about your life can you connect to the Dee-1 lyrics below?

It hit different when you finally realize that you belong

And you been living life with impostor syndrome

Thinking you were never good enough, but that's lies

You always been qualified

Now you see that you the prize