


Imposter Syndrome Reflection Worksheet

Use this printable tool to recognize imposter thoughts, reframe self-doubt, and plan confidence-building actions.

1. Recognize Imposter Thoughts

- ☐ “I don’t belong here.”
- ☐ “I’ll be exposed as a fraud.”
- ☐ “I just got lucky.”
- ☐ “I’m not as capable as others.”
- ☐ Other: _____

 Notes on where and when these thoughts arise:

2. Reframe Self-Doubts

For each thought above, write one statement of evidence that contradicts it.

- ☐ “I don’t belong here.” → “”
- ☐ **“I’ll be exposed as a fraud.”** → “”
- ☐ “I just got lucky.” → “”
- ☐ **“I’m not as capable as others.”** → “”
- ☐ Other → “_____”

 Additional reframes or insights:

3. Reflect & Affirm Strengths

☐ List three recent achievements or successes:

1.

2.

3.

☐ Write a personal affirmation that celebrates your strengths:



How will I remind myself of this affirmation this week?

4. Action Planning

☐ Identify one small goal to build confidence this week:

☐ Choose a support person or community to share this goal with:

☐ Schedule time on your calendar to work toward your goal:

Date: _____ Time: _____

☐ Decide how you'll track progress (journal, app, peer check-in):



Final reflections or questions before you begin: