

# **THE IMPOSTER SYNDROME REMEDY WORKBOOK**

**The 30-Day Action Plan to Stop Feeling Like a Fraud**

[www.thepamecode.com](http://www.thepamecode.com)

This is a companion workbook to Dr E V Estacio's book, *The Imposter Syndrome Remedy*. This printable workbook is designed to help you to work through the 30-day action plan on Chapter 7. You are encouraged to use this workbook to record your thoughts and monitor your progress.

Are you ready to remedy your Imposter Syndrome in 30 days?

Then PAME!

*(Let's go together)*

## Contents

Days 1-5: Preparations .....	3
Days 6-10: Purpose .....	8
Days 11-21: Action with Momentum.....	12
Days 22-30: Energy .....	39
Need more support? .....	52

---

## Days 1-5: Preparations

---

**Day 1: Take the imposter syndrome test** to assess whether you are experiencing its symptoms and the extent of its severity. To access the test, go to <https://tinyurl.com/impostertest>

Total score (out of 100)	Date

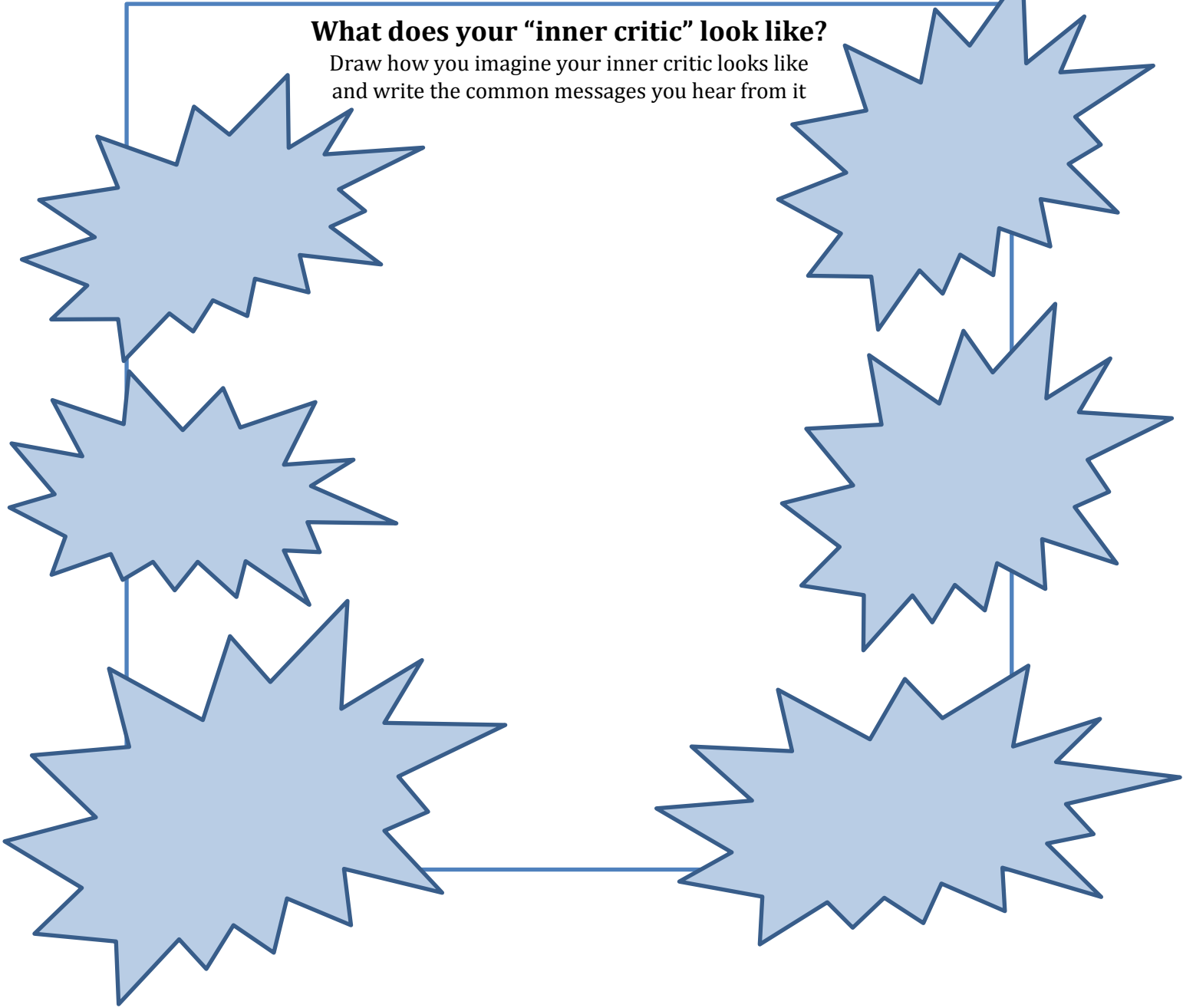
Score	What your score means	Tick where appropriate
40 or less	You have <i>few</i> Imposter Syndrome characteristics	
41 – 60	You have <i>moderate</i> Imposter Syndrome experiences	
61 – 80	You <i>frequently</i> have Imposter Syndrome feelings	
80 – 100	You have <i>intense</i> Imposter Syndrome experiences	

**What did you learn about yourself by taking this test?**

## Day 2: Personify your inner critic

### What does your "inner critic" look like?

Draw how you imagine your inner critic looks like and write the common messages you hear from it

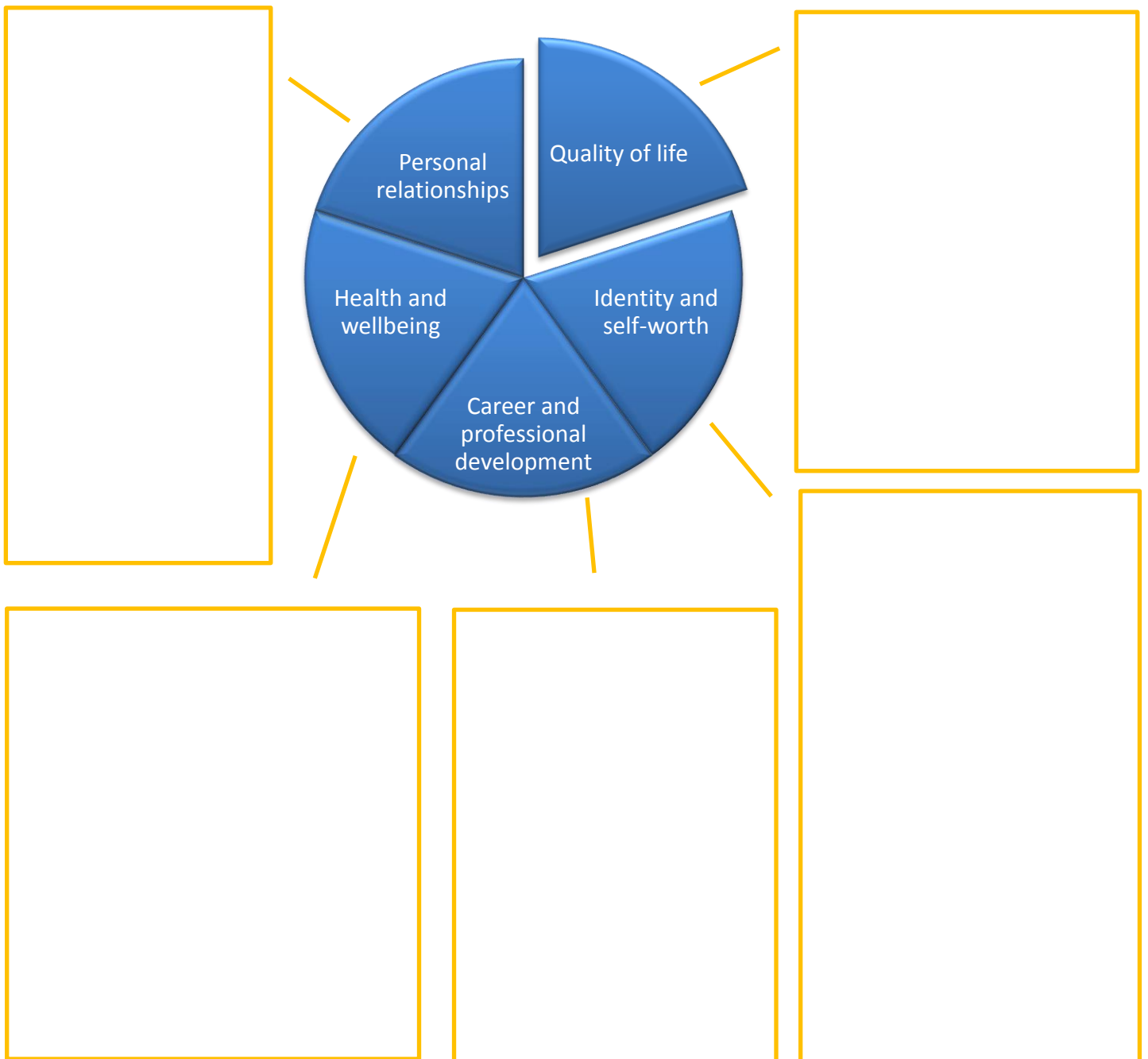


**I am your "inner critic" and you call me by the name...**

---

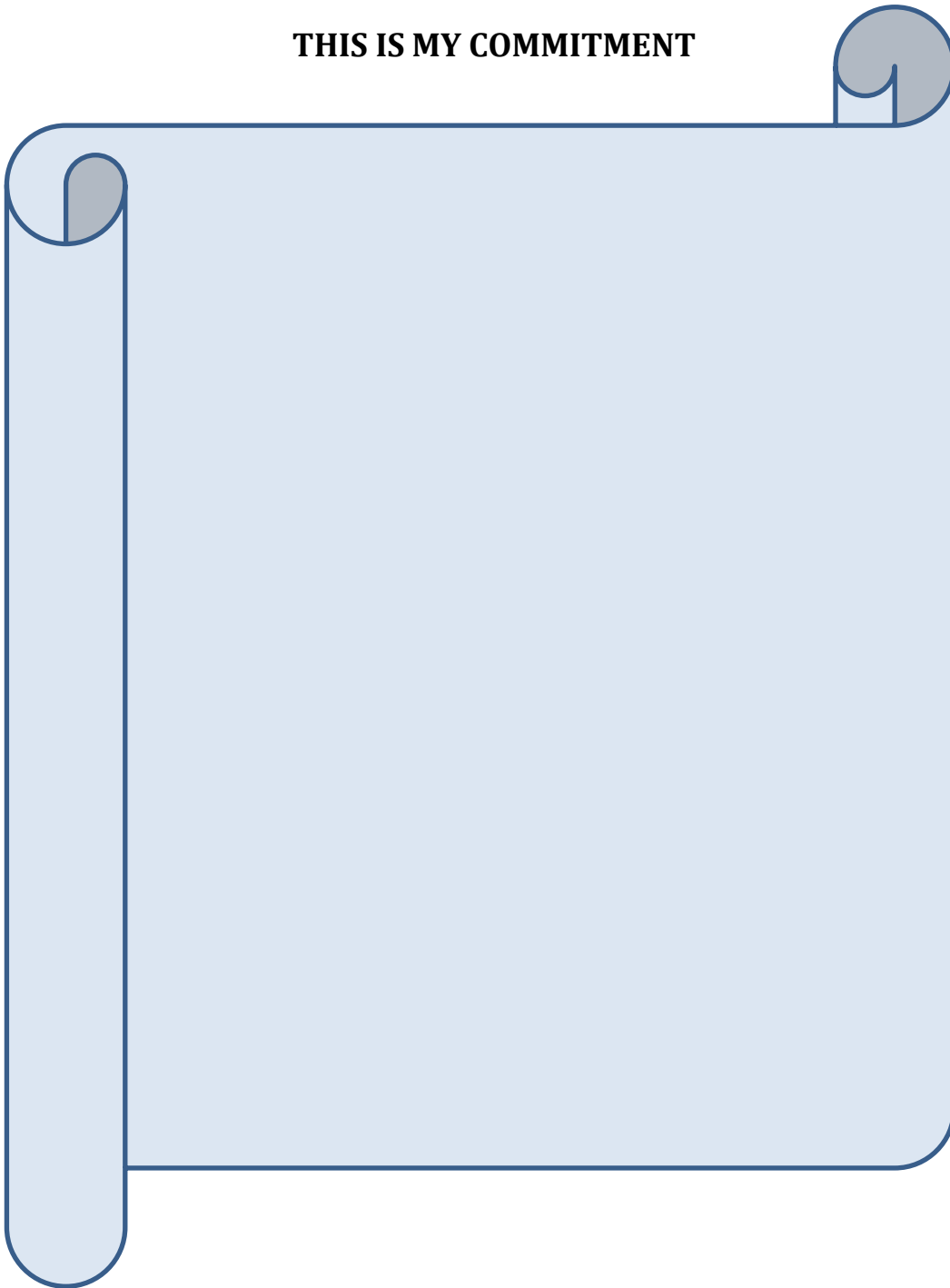
### Day 3: The consequences of *Imposter Syndrome*

Reflect on how *Imposter Syndrome* is affecting these aspects of your life.



**Day 4: Make a commitment to change.**

**THIS IS MY COMMITMENT**



**Day 5: Make yourself accountable by finding a 'buddy' or a mentor**

Activity	Tick where applicable
I appointed an “accountability buddy”	
And/or I joined the PAME Code Facebook Support Group	

Notes and personal reflections on this task



---

## Days 6-10: Purpose

---

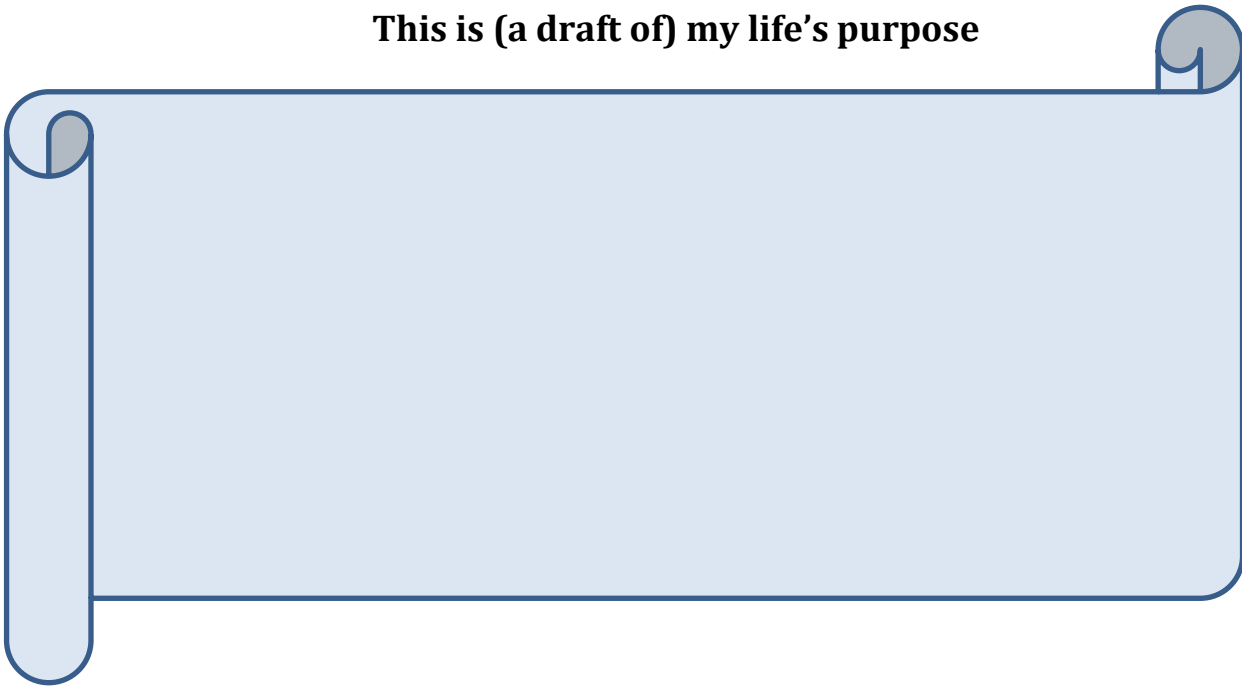
**Day 6: PASTLE (Part 1): What is your passion?**

**Day 7: PASTLE (Part 2): What are your strengths?**

**Day 8: PASTLE (Part 3): What will be your legacy?**

**Day 9: Make a positive affirmation of your purpose**

**This is (a draft of) my life's purpose**



**Day 10: Imagining yourself free from fear, worry, or self-doubt**

Write your reflections on how the mental imagery exercise made you feel.

---

## Days 11-21: Action with Momentum

---

### Day 11: Identify your PITs (Part 1): Your attitudes towards action.

When I am confronted with a task or new responsibility, I often feel

\_\_\_\_\_

because \_\_\_\_\_.

<b>If I take action, I risk...</b>	<b>If I take action, I gain...</b>
<b>If I DO NOT take action, I risk...</b>	<b>If I DO NOT take action, I gain...</b>

**My PERFORMANCE INTERFERING THOUGHTS (PITs) about ACTION:**

**Day 12: Identify your PITs (Part 2): Your attitudes towards success.**

Whenever I accomplish something, I often feel

---

because \_\_\_\_\_.

<b>I tell myself that I only deserve success when...</b>	<b>I tell myself that I DO NOT deserve success when...</b>

<b>Examples of achievements I feel I deserved</b>	<b>I deserved these because...</b>

<b>Examples of achievements I feel I did NOT deserve</b>	<b>I did NOT deserve these because...</b>



**My PERFORMANCE INTERFERING THOUGHTS (PITs) about SUCCESS:**

### Day 13: Identify your PITs (Part 3): Your perfectionist tendencies.

Reflect on your perfectionist tendencies.

DO YOU:		Tick where applicable
Goal setting	strive for goals that are attainable and matched to personal strengths and limitations	
	have excessively high and unrealistic expectations	
	try to be flexible and modify standards	
	tend to be rigid and inflexible when setting standards	
Timescales	set reasonable timescales	
	set unrealistic timescales	
Attitude towards goal attainment	have a relaxed attitude towards completing tasks	
	experience high levels of anxiety before, during, and after a task	
Making mistakes	permit yourself to make and learn from minor mistakes	
	tend to be intolerant of mistakes, either made by themselves or others	

<b>Performance evaluation</b>	try to see what you have done right and assess possible areas for improvement	
	tend to only see what you have done wrong	
<b>Sense of self-worth</b>	have the ability to detach your self-worth from performance	
	focus your self-worth on achievement and performance	
<b>Job satisfaction</b>	have the ability to experience job satisfaction regardless of whether the task has been perfected or not	
	tend to have difficulty finding job satisfaction regardless of the outcome	
<b>Unmet goals</b>	have the ability to see goals as 'works in progress'	
	feel like a failure if your expectations are not met	
<b>Celebration</b>	have the ability to celebrate success, no matter how big or small	

NOTE: The more ticks for unshaded areas, the more inclined you are to *maladaptive* perfectionist tendencies. Reflect on your responses.

**My PERFORMANCE INTERFERING THOUGHTS (PITs) about  
PERFECTIONISM:**

**Day 14: Identify your PITs (Part 4): Your mindset.**

Mindset is very important when you are trying to remedy your *Imposter Syndrome*. Do you have a FIXED or GROWTH mindset?

Take the mindset test: <https://tinyurl.com/testmymindset>

**Your result:**

**What are your PERFORMANCE INTERFERING THOUGHTS (PITs) that restrict your willingness and ability to learn and grow?**

**Days 15-18: Convert the PITs from Days 11-14 into PETs using the TLC questioning sequence**

- Your attitudes towards action (day 15)
- Your attitudes towards success (day 16)
- Your perfectionist tendencies (day 17)
- Your mindset (day 18)

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	



PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	



PIT \_\_\_\_\_

Is it true?	
Do you have evidence? <i>Only consider evidence that is valid, reliable, and sufficient</i>	
Do you need to collect (further) evidence? If so, how will you collect it?	
Is it logical?	
Is it constructive?	
Conversion to PET	

**Days 19-20: Collect evidence and reflect on it.**

Review your PITs and identify which ones need further evidence.

PIT \_\_\_\_\_

What form of evidence is required? (e.g., feedback from mentor, observation, performance evaluation, etc.)	
When will you collect the evidence?	

As soon as you receive the evidence:

What did the evidence show?	
What did you learn based on this evidence?	
Convert PIT into PET	

PIT \_\_\_\_\_

What form of evidence is required? (e.g., feedback from mentor, observation, performance evaluation, etc.)	
When will you collect the evidence?	

As soon as you receive the evidence:

What did the evidence show?	
What did you learn based on this evidence?	
Convert PIT into PET	

PIT \_\_\_\_\_

What form of evidence is required? (e.g., feedback from mentor, observation, performance evaluation, etc.)	
When will you collect the evidence?	

As soon as you receive the evidence:

What did the evidence show?	
What did you learn based on this evidence?	
Convert PIT into PET	

PIT \_\_\_\_\_

What form of evidence is required? (e.g., feedback from mentor, observation, performance evaluation, etc.)	
When will you collect the evidence?	

As soon as you receive the evidence:

What did the evidence show?	
What did you learn based on this evidence?	
Convert PIT into PET	

PIT \_\_\_\_\_

What form of evidence is required? (e.g., feedback from mentor, observation, performance evaluation, etc.)	
When will you collect the evidence?	

As soon as you receive the evidence:

What did the evidence show?	
What did you learn based on this evidence?	
Convert PIT into PET	

**Day 21: Discuss your PITs and PETs with your buddy.**

Discuss your PITs and PETs with your buddy.

Explore PITs that you were unable to convert into PETs and go through the TLC questioning sequence together to gain more insights.

Record here what you learned from this experience:

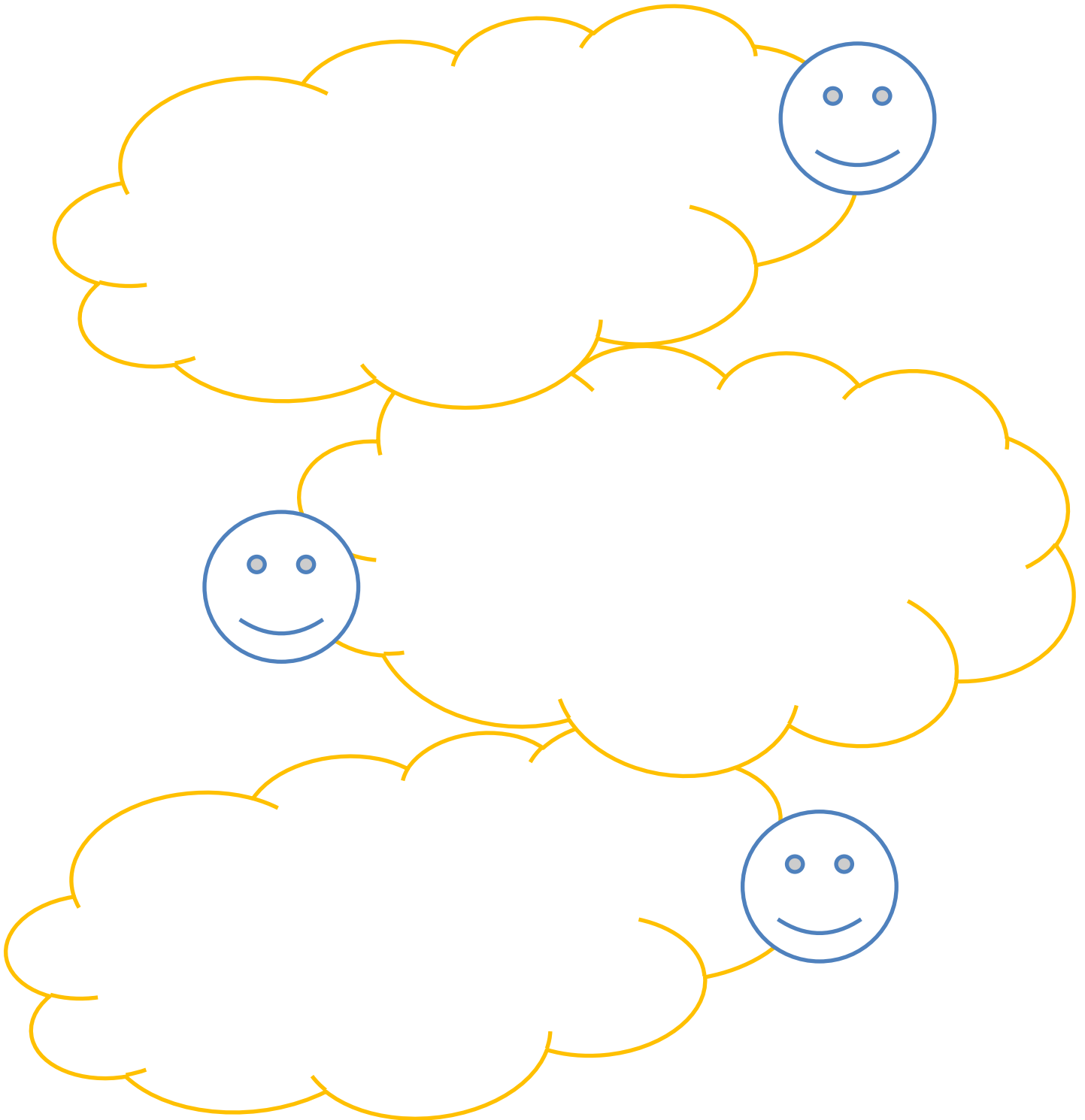
---

## Days 22-30: Energy

---

**Day 22: Start a gratitude journal.**

*I am thankful for...*





**Day 23: Take time to notice simple pleasures in life.**

*What simple pleasures did you notice today?*

The image contains three large, wavy, yellow-outlined rectangular boxes stacked vertically. These boxes are intended for the user to write their responses to the question 'What simple pleasures did you notice today?'. Each box is approximately the same size and shape, with a slightly irregular, hand-drawn appearance.

**Day 24: Be mindful of the positives.**

*Find the positive from the negative.*

What used to be negative...	
Had something positive about it today...	

What used to be negative...	
Had something positive about it today...	

What used to be negative...	
Had something positive about it today...	

**What did you learn about yourself and the world today?**

**Day 25: Embrace and appreciate compliments.**

*How do you react to compliments?*

What was the compliment?	
Who gave you the compliment?	
How did you respond?	
How did it make you feel?	

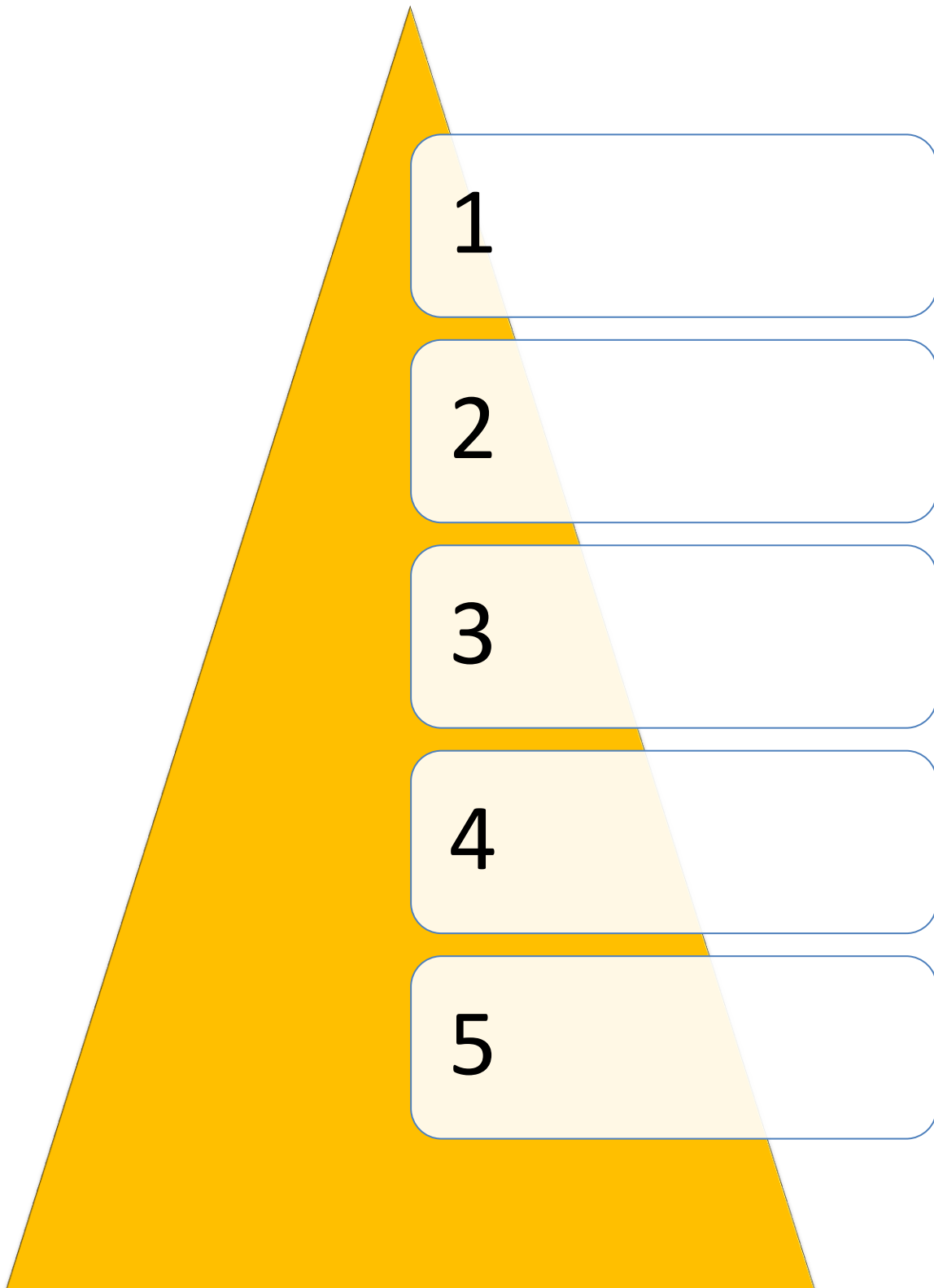
What was the compliment?	
Who gave you the compliment?	
How did you respond?	
How did it make you feel?	

What was the compliment?	
Who gave you the compliment?	
How did you respond?	
How did it make you feel?	

What was the compliment?	
Who gave you the compliment?	
How did you respond?	
How did it make you feel?	

**Day 26: Start and/or update your 'catalog of wins'.**

*What are your TOP 5 ACHIEVEMENTS you are most proud of?*



1

2

3

4

5

**Day 27: Celebrate your accomplishments.**

*What did you do today to celebrate your accomplishments?*

*How did it make you feel?*

## Day 28: Sign up to be a mentor

My mentee	
Purpose of mentorship	
Date and time of first meeting	
Notes	



**Day 29: Be an advocate for supportive environments**

*Write your commitment to advocate for supportive environments*

*I commit to:*



Witnessed by \_\_\_\_\_

My first action point to implement this commitment is

\_\_\_\_\_

I will implement this action point by \_\_\_\_\_(date)

## Day 30: Review your progress and keep it up!

*Congratulations! You made it to Day 30.*

Review your progress and cherish how much you have accomplished.

Re-take the Imposter Syndrome Test at <https://tinyurl.com/impostertest>

Total score (out of 100)	Date

Score	What your score means	Tick where appropriate
40 or less	You have <i>few</i> Imposter Syndrome characteristics	
41 – 60	You have <i>moderate</i> Imposter Syndrome experiences	
61 – 80	You <i>frequently</i> have Imposter Syndrome feelings	
80 – 100	You have <i>intense</i> Imposter Syndrome experiences	

**What did you learn about yourself over the past 30 days?**

## NOTES

## NOTES

---

## Need more support?

---

**If you need further support to remedy your *Imposter Syndrome*, you may join us at the PAME Code Facebook Group at:**

[www.tinyurl.com/jointhepamecode](http://www.tinyurl.com/jointhepamecode)



**You may also book one-to-one coaching sessions with Dr E V Estacio.  
Limited slots available.**

**For more information, visit:**

[www.thepamecode.com/services/](http://www.thepamecode.com/services/)