

5 reasons imposter syndrome is blocking your purpose (and how to fix this)



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Why this guide will change your life when you put these tips into practice

Are there areas in your life where you fear you're going to get found out as not having what it takes? Do you doubt your accomplishments? Do you compare yourself negatively to others? Do you make decisions based on trying to please or be liked? Do you often have unrealistically high expectations of yourself?

If you answered yes to any of the above questions then this guide is for you. All of these are facets of the imposter syndrome that block you from connecting to your purpose.

You're going to love this guide as I'm going to get straight to the root of the issue. Once you understand how self doubt and feeling like an imposter is disconnecting you from your inner wisdom and self worth, you will see how this not only limits you from finding or living your purpose, but in all areas of your life.

Making this connection means you can instantly course correct and start making different choices that will ultimately allow you to create the life you really deserve. I'm going to show you how you can start doing this with a few simple shifts in perspective and behaviour.

The truth is, to align with your purpose and live a life full of meaning is not possible if you are driven by unconscious negative beliefs and fears about yourself and the way the world works. The cycle of self sabotage and procrastination will keep repeating. Then no amount of information or affirmations are going to get you the results you want.

After reading this and taking the necessary steps you will never have to feel the victim of your circumstances again (or wonder why the same s**t keeps showing up in your life).

You can have lifelong access to your inner resources, the belief in yourself that you can make a difference, and the trust that you can deal with any challenge that life throws at you.

However, you will only get the desired results if you choose to implement the following changes and do what it takes.



Why listen to me?

My name is Hania Opienski, and I am a Life Alignment Consultant and Coach. I have studied health and healing for almost 20 years and have worked with hundreds of women to overcome challenges in their personal and professional lives. My expertise and qualifications are in energy medicine, naturopathic medicine, traditional Chinese medicine, coaching, nutrition, mindfulness and lifestyle management.

More importantly, I've been where you are now, doubting your skills and capabilities, feeling the push-pull of wanting to make a difference but feeling fraudulent for thinking you know enough, or people will really value (pay you for) what you have to offer.

Imposter syndrome creates the overwhelming feeling that you're not as intelligent, talented, capable, or creative as you seem. You may feel convinced that you don't deserve your success. Or, have that sneaking feeling that your achievements are down to luck or good timing. This likely goes hand in hand with a fear that one day you'll be exposed as a fraud. There's some good news. Imposter syndrome is typically experienced by high achievers!

As you can see from my above list of credentials, one way imposter syndrome has shown up for me is the sense of believing, "I don't know enough" and "I just need to get one more qualification before I can truly consider myself an expert." It took me a long time to realise that my value is not based on what or how much I know (or how quickly I learn, and how much praise I get), but innate. And that I am the only one who can decide I am enough.

How do I know I can help you?

I've dedicated my adult life to pursuing my purpose and delving into personal and spiritual development, which has allowed me to get a deeper understanding of myself and recognise that my value is not based on a perfectionist ideal. I have also discovered the tools and skills to bring the wounds of my past and the beliefs of my present to light for healing and to support others in doing the same. I've learnt transformative healing techniques that allow you to not only understand the root of your limiting beliefs and self-sabotaging behaviours, but also to release these from your cellular memory so you can move forward not with struggle and willpower, but with a truly new perspective on your past and feeling different about yourself in the present.

I've done it the slow way so you don't have to. I know the stumbling blocks and different aspects of imposter syndrome that every smart woman (that means you) who wants to make a difference but doubts herself encounters. I can share with you what I've learnt and bring your blindspots to light to help speed up your journey and reassure you that you're on the right path.

Imposter syndrome has shown up for me most in the form of believing that others know better, that there is some external standard that I need to meet, and others to please, which dictates my value.

I didn't realise how much this external focus and desire to please had taken me off track from my purpose until I had a total health burnout in my early 20s. I'd spent a year volunteering in the video department of an ashram after a film production masters fell through. You'd think Ashram life would give respite from all things worldly, but as my teacher warned, committing to spiritual practice means that all your stuff comes up at once to be healed. Mine certainly did, not just in the form of challenges with my health, but also a relationship, and questions about my life path. The months of chronic fatigue, which followed, forced me to literally stop everything that I was doing. It was all I could do to focus on the simple act of making it through the day and finding food simple enough to eat that my body didn't break out in hives or reject it. I felt like I was losing so many things in my life; my health, my career path, my home (I had to leave the ashram to recover), my sleep, and my direction. So I put all my attention into not losing what felt like the one thing that I had left, my relationship. I was no longer getting validation from my achievements, my role, or my education, so I sought

validation from being loved and by being the most accommodating and considerate girlfriend ever.

The next couple of years were challenging in so many ways. It was long and slow rebuilding my health. We lived on three continents. My parents separated. I questioned all of my ideas about life, success, and relationships. I was tired and confused, and I clung to my relationship as the only stable thing in my life. But as my energy got better and my mind clearer I felt a sense of discontent. I was stressing myself out trying to make my boyfriend happy. I had no idea what I wanted to do with my life. I lacked any independent vision and purpose, and questioned my direction and priorities. I realised I needed some guidance as figuring this out on my own wasn't working.

I'd had some wonderful natural medicine and totally changed the way I ate, which was helping my body. But my mind and emotions were still in turmoil. And then a chance to try a new method came up and we got straight to the root of the issue. I understood my need to make it work with my boyfriend. My self doubt. My need to please and be loved. And I realised that part of my exhaustion was my disconnect with my needs and intuition. This new method allowed me to both understand the root of the issue and to energetically clear the emotional trauma from my body. I felt like I could finally see clearly and my perspective

changed. It was the start of a lot of self work and a shift in focus to self care that encompassed more than just my physical needs.

I realised that my plan to follow my boyfriend back to America to follow his dream was out of alignment with my purpose. When I gave myself permission to feel into it, I realised what I really wanted to do was to retrain as a holistic massage therapist and help others with their healing journey, whilst supporting my own.

This ultimately led to the decision to end my relationship, one of the most painful choices I've made, but also one of the most positive and life changing. I chose me. I chose to be enough by myself. I chose to take the time to learn to be independent, love myself, and to make decisions for myself not to please someone else. Making this choice I felt like a weight that I hadn't known I was carrying had been lifted and my energy and enthusiasm grew. I recognised my belief that "I needed the external validation of my relationship working out, my partner being happy and loving me to feel good enough" and that actually this wouldn't really fill the hole within me. I needed to do that for myself.

This choice put me on the path of natural and energy medicine, and though I have continued to study and add skills and qualifications (partly for the love of it and partly

from fearing I didn't know enough), and my focus has shifted and expanded as I have learnt and grown, I have never looked back or regretted choosing this path.

The second time I burnt out, many years later was the real turning point for me. I was working a dream job at a 5 star wellness resort in Thailand. I was doing what I loved, helping people, living in paradise, and yet I still burnt out. What was going on?

The resort was thriving and the clientele was increasing faster than the business could handle. Even though we had a great team and management, I was working 50 - 60 hour weeks, seeing countless 1-1 clients, and barely keeping up with all the paperwork and overtime.

I knew how to look after my body and my nutrition but I couldn't switch my mind off. Soon I was suffering from insomnia, and getting only 3 - 4 hours sleep, so my body wasn't restoring itself. I wasn't managing my mind and emotions and letting the stress of the job overwhelm me. I'd let my meditation practice slip and on my off days I was often too tired to even go to the beach or for a walk after I'd done all my chores. I didn't have any family out there and my only friends were from work. We had different days off so my downtime was spent mainly alone. I was living in paradise but with no one to share it with.

I was pushing myself too hard, feeling that I needed to prove my worth. I wanted to do the best for my clients and keep up with their demands. I wanted to please my manager and be a good team player. And I felt like it was failing to ask for help. Surely it was ungrateful to complain, shameful to admit it was too much? I almost quit after a year, but when I finally cracked and told my manager how poorly I was coping under the workload she was sympathetic. She agreed to my requests to modify my work responsibilities, increase my pay, change my off days to cross over with friends, and to hire more staff to meet the still increasing workload as the resort expanded.

I was surprised at her willingness and desire to adjust things so that I would stay on. She valued me as an employee and team member more than I gave myself credit for. She was sympathetic and supportive. Why hadn't I spoken up earlier?

I didn't believe that I could, or that I would be heard, or that my needs would be met. I felt like an imposter. I didn't believe that I was valuable enough that concessions would be made to keep me. I thought I would have to find another job that was less demanding, rather than simply to speak up and negotiate changes in my current job. I waited till I was at breaking point.

When I returned to the UK, I was still depleted and exhausted. My time in Thailand, capped off 10 years working, studying and travelling in numerous countries. 10 years of seeking the ideal place to call home and the feeling that I had enough experience to consider myself a competent practitioner; that I was good enough.

I finally realised that feeling good enough and “at home” was something that I could only find within myself, rather than in any idealised location. I understood that my qualifications and experience are just the foundation of being a good practitioner, and the best way I could support my clients in their healing was to fully embrace my own. To truly hold space for others I had to come home to myself first.

I realised that the first person I had to be compassionate and present with was myself. I had to detach from my inner critic, accept my “imperfections”, and let go of the belief that there is still something to achieve in order to be good enough. To do this, I realised required more than a cognitive understanding of my limiting beliefs and what needed to change. I had to access my subconscious mind and transform the unconscious beliefs at a deep level and release the stuck emotions that were driving my behaviours. When I changed my perspective, feeling aligned and centred became much easier to maintain.

This deep healing work allowed a shift in perspective being compassionate with myself made all the difference. I stopped judging myself so harshly. I realised that what I was seeking was within me. It seems obvious, but it took that long for it to sink in. The only validation that would really fill that hole and allow me to feel complete, was my own. And once I truly knew this, everything sped up and got easier.

I have spent the last few years getting to know and understand myself better; learning to be more gentle on myself; taking responsibility for my beliefs and reactions; learning to be compassionate when my inner critic arcs up, finding the right people to support me in this process, and working on accepting “7/10 and done” is good enough.

When it comes to navigating imposter syndrome and the inner critic I know what works and what doesn't work, and I want to offer the fruits of my learning to support you as I have been supported. I have learnt that having the right guides and mentors can speed up the journey as they already know the terrain and can provide a map. You still have to make the journey, but there are fewer detours, someone to ask for directions and recommendations, and fellow travellers make the experience more fun.

After realising the limitations of my belief that asking for help was a sign of weakness and failure I've sought out community. I recognised that even though I need to do the inner work to be at home in myself, it's not just ok, but necessary to have the support of people around you and to share your vulnerability and "imperfections". I now have a spiritual community, a coaching community, a healing community, and a supportive network of friends and family.

I know I don't have to figure everything out by myself or appear like I've got it together all the time. We are all interconnected and interdependent, and that's the way it's supposed to be. Having a community of like minded people around me with similar aims and challenges not only helps keep me inspired but also able to authentically share my challenges and wins with people who are going through the same process of transformation. Thus we speak the same language and they are not threatened by the way I am changing. My purpose encompasses not just supporting healing for my clients but for me and my relationships too.

The truth is your purpose is not only connected to a career path. It's the thing that drives your choices and where you spend your energy and time. You do not need to have a "perfect" purpose. There is no one thing that you need to figure out before you can get started on your path to the life

you want to live. How you live your purpose will evolve as you do. Though there is always the potential for learning more, growth, deeper understanding and wisdom, this guide will demonstrate how waiting to achieve these first is a form of self sabotage. The more you can release the grip of imposter syndrome and the negative limiting beliefs tied up with it, the easier it will be to connect with your inner wisdom and how you can make a difference just by being you.

“Autobiography in 5 chapters:

1. *I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost. I am hopeless. It isn't my fault. It takes forever to find a way out.*
2. *I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. But it isn't my fault. It still takes a long time to get out.*
3. *I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in. It's a habit. My eyes are open. I know where I am. It is my fault. I get out immediately.*
4. *I walk down the same street. There is a deep hole in the sidewalk. I walk around it.*
5. *I walk down another street.”*

Portia Nelson

Which chapter are you living? I help my clients choose another street.

5 reasons imposter syndrome is blocking your purpose

Reason 1



**You think you don't
know enough yet and
fear failure**

The truth is, if you believe that in order to be worthy you have to know more, be better qualified, or have had more experience then you will put all your energy into the gathering of further knowledge and experience and still find yourself lacking. What you don't realise is that you are seeking value where you will never find it; in the accumulation of qualifications and accolades. It's common to think that feeling ready or qualified will come from doing and achieving, when actually this can only be found in an acceptance of your being.

In the original study that first names "The Imposter Phenomenon" (as it was originally termed), the authors found that this self doubt was not to do with any lack of knowledge or credentials - in fact many of the women in the study had numerous degree certifications and higher - but with an internal belief that, despite all the concrete evidence to the contrary, they had somehow winged it, if they could do it anyone could, that their peers were infinitely more able than them, and that at some point they were going to get found out as a fake.

The truth is, your beliefs drive your behaviours. Once you understand your beliefs and the habits these have formed you have the opportunity to change both, which will change your life.

One of my clients came to me with a number of big decisions to make in her life. She had a highly stressful job in the public sector, which she had chosen in order to help people. After years of striving within the system, she was overworked and overwhelmed. She lacked job satisfaction and she didn't feel like she was truly making a difference. She had started studying homeopathy on the side a few months previously and was loving the course, what she was learning about herself, and seeing the potential of how she could better serve others with this knowledge. She wanted to sell her place in London and get a place near her college in the countryside and to get some locum work nearby while she finished up her course.

However, even though her goals, intentions and purpose were clear, and her credentials in order, she was full of self-doubt. When questioned, even though she had already been approached about local work and she rationally knew that she was at the top of her field with an impressive CV, yet she still felt that she had somehow lucked her way to her current status.

In the past she had got jobs by referral and she doubted if she would be good enough on her own merits. She also doubted if she could make the move successfully without her now ex-partner; could she sell a flat by herself? Was she foolish to quit her safe, reliable job? She knew exactly what

she wanted, but she didn't trust her decision making, or her ability to do all of this new stuff alone. She felt she needed external support and feared failure on all counts.

After working on the deep subconscious programs and emotional trauma stored in her body, she recognised how her past experiences were creating her beliefs about her future and what she was capable of. We had to bring various areas of her life to light for healing; her experiences around money, security, friendships, family, self esteem, and childhood trauma, all of which had solidified her beliefs and feelings of limitation, lack of capability and kept her firmly in survival mode.

As we began the healing process, she discovered suppressed anger and resentment that she hadn't even realised was there, squashed under trying to keep everything together and the effort it took to meet all of the external demands of her work and relationships. Through the process, she was able to release this suppressed anger and underlying hurt. As they say, the deeper the feeling, the deeper the healing. By first acknowledging and honouring the feelings she had been suppressing, she was able to handle the discomfort of all the stuff she didn't want to look at and take responsibility for the stories she had created about herself based on the past.

Through acceptance she was able to change her perspective, to recognise her needs, and ultimately find peace about her decisions. It then felt natural to recognise her strengths (and believe in her impressive CV), to know that she was making the right choices, and that she was capable of doing all the things she wanted to do as an individual, and that she didn't need her ex-boyfriend for security to make the big move. She was also able to establish healthy boundaries so that she could navigate her personal and professional relationships better and effectively communicate with her team and managers at work so she no longer felt so overwhelmed and overburdened. She learnt to honour her inner knowing and could finally allow herself the space to recognise her needs and to begin to express these clearly and confidently.

The truth is, you're not alone in your doubts. It's a common habit to keep reconfirming your story of limitation.

According to the National Science Foundation we have up to 60,000 thoughts a day, more than 80% of these are negative and about 95% are repetitive. So unless you are consciously feeding yourself positive thoughts and questioning your limiting beliefs, your automatic pilot will reinforce all your doubts and fears. What you think and feel about yourself is the biggest limiting factor in you achieving your goals and dreams, or even clarifying your purpose.

“You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we’re not. We always have the power of our minds. Claim and consciously use your power.”

Louise Hay

The truth is, to truly connect to your purpose, to do more with your life and career, the most important step is to first recognise your limiting beliefs. When you then allow your real feelings to surface, you can consciously start to release them. You are more capable than you give yourself credit for, and the only one who can decide you are enough.

If you don't value yourself, your innate capabilities, and feel that you know enough, how can you create a grand vision? If you are aligned with negative or limiting beliefs about yourself can you also align with your purpose?

According to findings from a report by Hewlett Packard, women will tend not to apply for jobs unless they are 100% qualified to do it (vs 60% for men), and women are 50% more likely than men *not* to apply due to fear of failure.

You're not alone, but you don't have to keep playing out the same story, with the right support and guidance you can uncover your limiting beliefs and the ways that you sabotage yourself. Once you bring these things to light you have a

choice; do you want to keep playing along? Or, do you want to start a new belief, a new pattern for yourself, to change the program?

You've probably had a lifetime of thinking about yourself in a certain way, expecting certain things for yourself, of building a persona so that those around you expect certain things of you and you fit in. We've all heard "you can't teach an old dog new tricks", "people don't change", or that it takes years of therapy to come to terms with your past, but the truth is, it doesn't have to. There are simple techniques and energy healing processes that can quickly and easily allow you to release past emotional trauma, limiting beliefs about yourself, and get back into alignment with the "true you" in moments.

"The only way we can change our lives is to change our energy; to change the electromagnetic field we are constantly broadcasting. In other words, to change our state of being, we have to change how we think and how we feel."

Joe Dispenza

5 reasons imposter syndrome is blocking your purpose

Reason 2



**You're too worried about
pleasing others and what
they think of you**

The truth is, if you focus on other people's needs, expectations and perceptions of you, or you are driven by duty, you are disconnected from your inner alignment. Have you ever felt exhausted from giving so much of yourself to others, taken for granted, or secretly felt guilty about your resentment towards your clients, colleagues, or family? If you are always looking to please others, or worrying about other people's opinions, this will colour any goals or dreams you have. Then it's easy to get off track. It's a wonderful thing to serve others, but as they say in the flight instructions on a plane: put your own oxygen mask on first before helping others.

I had a client who came to me struggling with reconciling her desire for personal growth and development with the roles and expectations others expected her to fulfil. She had spent her life trying to please her parents, be responsible, fit in with her friends, and be a considerate partner. She had recently split up with a boyfriend who she was still in love with as she felt that in order to meet his expectations she was compromising too much of herself and her dreams.

Everyone close to her seemed resistant to her changing and she couldn't handle the pressure.

She was fearful that she would get to middle age and still not be living in alignment with her purpose. She was training to be a coach, discovering a new way of being and finding that

as she changed she felt she could no longer please others *and* herself. It was too painful being around people who she felt she was disappointing, or didn't understand her. So she had distanced herself from friends and her boyfriend who she felt weren't supporting her development.

As we worked together it became clear that she had felt the need to break free from her restrictive upbringing, and her parents' very traditional views and conventional expectations for her that she felt her boyfriend shared. She also realised that what actually needed to change was her beliefs about herself. She needed to accept herself and her “unconventional” path.

Once she did this she recognised that she had been projecting her father's attitude and beliefs onto her boyfriend. They got back together and their relationship was completely different; once she was able to see herself from a new perspective and let go of her defensiveness then she could see him in a whole new light, accept him as he was, and no longer experienced him as domineering and controlling (like her father). She was able to stand in her power, to accept that though he had some different opinions, he supported her, and it was ok to make her own choices.

She also found that she was able to let go of her desire for her friends to be different, and to love them as were. She felt

confident in pursuing her passion and exploring a new way of relating with her boyfriend and no longer felt like a powerless child.

The truth is, if you are putting your energies and focus on meeting the needs of your boss, your partner, or your family and friends, it is easy to lose sight of yourself and your purpose because you are looking outwards for meaning or validation. Your purpose can only be found inside.

Your loved ones want what they think is best for you; for you to be safe, to understand what you're doing, and that it's going to provide you with security and their idea of success; based on what they know and believe. Maybe you have those friends who, "out of love", encourage you to "be practical", think "realistically", or, discourage being "a dreamer" and the like. It's human nature to be unconsciously wired towards safety, familiarity, and staying in the comfort zone (better the devil you know). If you are surrounded by people who all think a certain way, are following a certain career route, and have "realistic" expectations for life, then you will be pushing them out of their comfort zone by wanting to do something more, bigger, different, and they will try to drag you back in so they feel comfortable.

“You alone are the judge of your worth and your goal is to discover infinite worth in yourself, no matter what anyone else thinks.”

Deepak Chopra

The truth is, if you want to connect to a deeper purpose, you need to be able to turn your attention inward, to disconnect from the noise and learn to trust your inner voice. To truly align with your purpose, you need to accept yourself, your worth, and then stop “facing reality”, stop worrying about what other people think and want for you, and surround yourself with others who are not afraid to dream and to step out of their comfort zone.

When you are on a path of self development, exploring being an entrepreneur, or a new passion-based career path, it is essential to be surrounded by others who are also on this journey too. We naturally resonate with those around us, energetically, mentally and emotionally as we are all part of the collective field. They say you are the average of the five people you spend the most time with. Are these people in your life those whose expectations keep you where you are, or stretch you? If you are surrounded by people who are further ahead than you then you will naturally grow.

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

Marie Curie

5 reasons imposter syndrome is blocking your purpose

Reason 3



You have a victim or survivor mindset

The truth is, if you feel like an imposter you are either doubting your capabilities and worth, or seeking external validation. From this viewpoint you experience life as a victim (of your external situation, of others, or of your mind and emotions). Or, you are just reacting to situations and people. You are living in a state of stress. The body doesn't differentiate between the stress caused by the imminent threat of a sabre tooth tiger vs an overloaded inbox or a pending deadline. When the stress response is triggered you are geared for survival rather than creation. Then it's impossible to connect to your intuition, set inspiring goals, or align with your purpose.

How we view the world, and our place in it, can be reduced to three key perspectives:

- 1. The Victim** - you believe that things happen to you, that you have no control and you blame other people or circumstances
- 2. The Survivor** - you have survived challenge, and you believe that you have to fight to get or keep what you want
- 3. The Creator** - you believe you are 100% responsible for how you feel and react, that life happens for you, and that there is an opportunity in every challenge

The truth is, you will most likely embody each of these perspectives at different points in your life, however, you may find that you inhabit one of them primarily. If you feel like an imposter in a major area of your life like your work, it's unlikely that you are tapping in to your full Creative potential and showing up in a way that demonstrates your capabilities, or gets you the positive acknowledgement that you desire, and this can reconfirm your self doubt and limiting beliefs.

You can get an idea of which perspective you see the world from at the moment by looking at what your current career “whys” are based on:

“To be financially free so that I never have to work for a horrible boss again.”

Victim thinking.

“To make enough money so that my kids never have to struggle like I did.”

Survivor thinking.

“To find innovative ways to deliver results to my clients that exceeds their expectations, and for the massive impact I make to be mirrored in my finances.”

Creative thinking.

The victim and survivor mindset demonstrates that you are out of alignment with your soul purpose. You are basing your goals and “whys” on a fear of lack; in your abilities, or of the breadth of possibilities available to you. You may find yourself rushing, or feeling anxious, or pressured.

When you slow down, release your fears, and allow your body to become grounded in the present you can connect with your inner wisdom. When you choose your path and purpose, set goals, and take action from this state you will notice how much easier things flow.

Feeling like a victim can go hand in hand with imposter syndrome in a number of ways. You may feel that you have no control as others know more or better; that you compare yourself negatively to others whatever you do; and you fear your lack of capability is going to be uncovered despite your best efforts to fake it.

One of my clients came to me in a chronic state of stress. She had a history of anxiety and since starting a new role at work a few months ago she was getting anxious again, doubting her capabilities to do the role or handle the pressures. She was sleeping badly worrying about having another full blown panic attack. She couldn't picture herself being successful in this new role and even though she was working really hard, she felt powerless and unworthy.

Through working together we uncovered the past experiences that had triggered her anxiety; the helplessness she had felt when her dad died in her late teens, the blame and guilt of ending a long term codependent relationship, and a litany of life events that reconfirmed her belief that she was the victim of her circumstances, alone, empty, and undeserving.

Once she was able to recognise that she had taken the Victim stance in her interpretation of events, and to take responsibility for her reactions, she felt brave enough to face the painful emotions that she had been suppressing, which had been bubbling up as anxiety. She had feared that the darkness and self loathing thoughts would consume her if she allowed them to surface, but instead discovered that once she stopped resisting, by choosing to allow them to be, that they weren't all consuming, and she could let them go.

The change in her was visible, the tension left her body, her breathing changed, she no longer felt empty, unsettled or anxious. She felt calm, confident, grounded and strong; ready to face the world with a new perspective. This allowed her not only to look at returning to work in a more positive way, but also to communicate with her husband from a different space. Now she felt heard she could receive his support that had been there all along.

The truth is, when you are in Victim mode, you feel disempowered, or not in control of your life, and it's easy to blame other people or situations for how you feel and your lack of purpose or results. You may expect the worst, to be let down, or blame circumstances beyond your control and let them dictate how you feel and what you achieve. How can you have a grand vision and feel inspired and purposeful if you feel powerless?

Whatever you believe is what will show up in your life. If you do not take responsibility for how you respond to situations and challenges, for your emotional management, for how you choose to think, or how you choose or to act, then you can feel and act the victim as you are giving control away to others or outside forces.

“Whether you think you can, or think you can't - you're right.”

Henry Ford

Choosing to take responsibility for your reactions and your responses is entirely up to you. It's a shift in perspective. The first step is recognising you are choosing the Victim state (not always comfortable, but certainly empowering). Then it's easier to allow the difficult emotions to surface, because you know that you are choosing a different perspective. You

will find they don't engulf you, and you can bring your old patterns to light for review.

Imposter syndrome often shows up in a Survivor mindset as feeling like you have to work harder than others to be validated, to prove you deserve your seat at the table. You view life as a struggle, and believe that you need to strive and fight for anything and everything. There is little trust or openness to serendipity or the bounty of the universe. You may tend to feel that if you want anything done you need to do it yourself, or that others won't meet your high standards, and you might find yourself micromanaging, taking on too much and overworking.

Do you believe that you have to work hard in order to be successful? That achievement only comes from struggle and sacrifice? Has your perspective been confirmed by your life events? And do you have any friends who seem to coast through life, without ever working too hard and opportunities just drop into their lap? Do they believe that things will just fall into place and work out for them? Are they right too?

The truth is, once you take responsibility for your mental/emotional state and of how you interpret your life events, you step out of the Victim or Survivor mentality and become the Creator of your experience. To be the hero of your story

you have to face your fears (slay the mythical dragon) and then the path is yours to pursue.

“I was exhilarated by the new realization that I could change the character of my life by changing my beliefs. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial “victim” to my new position as “co-creator” of my destiny.”

Bruce H. Lipton Ph.D.

The good thing is, we can learn from our experiences, recognise outdated programs and to choose to change them. When you are in the Creator mode, you take full responsibility for your thoughts, words and actions, for how you respond to situations, for what you put your attention on, and you view challenges as an opportunity for growth or creative thinking. By dropping blame and complaining, and rather than mulling over the past or stressing about the future, a Creator becomes the master of their fate and is able to live more fully in the present.

The truth is, if you want to connect with your higher purpose you need to connect to your Creative state and choose to break the habit of Victim or Survivor thinking. This may sound like a tall order, and it is not a decision that you make once and then it's done. It's a decision that you have to keep

making moment to moment. Each time something happens that triggers you, each time things don't go to plan, you have to choose again, to choose how to respond rather than react in the old familiar, defensive way. And this takes practice. And compassion. This is not an invitation to beat yourself up some more for your imperfections, but an invitation to empower yourself by recognising that you choose the lense through which you see the world and your place in it. What happens with practice? The more you keep repeating this choice, the sooner it becomes a habit.

“The world is as you see it. Make your vision divine”

Swami Muktananda

You are the author of your life, only you can change your perspective. But you don't need years of therapy, or to figure it out alone. You can choose a guide who is further ahead on the journey to help you speed your progress, point out the pitfalls, or any blind spots, and believe in you when you doubt yourself. You can choose to be a Victim, a Survivor, or a Creator, and your life will unfold accordingly.

The truth is, success and abundance in life, or business cannot be created from a place of fear and scarcity thinking. However, they can be created from belief in yourself and in the endless possibilities available to you when you are in alignment with your higher self and with Source. To clarify,

I'm not saying with the right perspective that everything will magically work out, or that you won't have to take action - you will (and sometimes a lot of it). But I am saying that when you are in alignment, you are in the Creative driving seat, then things flow, opportunities present themselves, your vision and purpose become clear, and you can take inspired action that doesn't feel like a struggle or hard work. Then action taking becomes fun and fruitful.

“The highest levels of performance come to people who are centered, intuitive, creative, and reflective; people who know to see a problem as an opportunity.”

Deepak Chopra

5 reasons imposter syndrome is blocking your purpose

Reason 4



**You doubt your
competence or discount
your abilities**

The truth is, if you don't believe in yourself or your abilities and feel powerless it's impossible to align with your soul purpose or to create a meaningful vision.

When you have a head full of limiting beliefs you are not aligned with your inner self and your true path, you are stuck in your "ego-mind". The ego, your personality, was developed during your first 7 years so that you could function in the world and know how to act to be accepted and fit in. Your inner critic, the internalised parental voice in your head, also developed alongside. Its role is to keep you in check, in the safety of the familiar ways of thinking, acting, and being that you have established and conditioned over your lifetime. Both are part of your primal survival instinct; be accepted by the tribe, follow the rules, or you'll die alone. But this doesn't serve us as adults in our modern lives, where we are completely capable of living alone, or moving to other countries, or being accepted into other "tribes."

A client of mine came to me with serious health issues that were made worse by her inability to manage her stress. She had left a long career in nursing after being suspended on false accusations by her bullying boss. This knocked her confidence and left her doubting herself. She had always been committed to her job above and beyond the requirements, even at the expense of her health and needs, and then had it all come to nothing.

She had always dreamt of being a healer and was exploring a new way to do this via energy medicine. However, she was struggling with being stuck in the middle of the challenging relationship of her daughters with their stepfather, her husband. She felt powerless to deal with the conflict and guilty as her ill health had deeply emotionally affected her daughters and was adding to the stress at home.

She also had a crisis of confidence about whether she would ever be any good at this new healing method. She felt, Who am I to have the responsibility of helping others heal? What if I get it wrong? What if I can't do the techniques properly? She felt stuck, worthless and doubted her abilities.

Through our work together, we uncovered a long history of attracting bullies into her life, and a pattern of not stepping up or believing in herself and feeling responsible for fixing those around her. She recognised that much of her stress was from this feeling of powerlessness to resolve conflict between those she loved and a need to be in control. Feeling powerless to control situations and help her loved ones made her doubt her innate worth and capabilities.

She had to face a lifetime of experiences of being bullied, criticised, and discounted. She saw how she held herself back, believing the criticism of others, and that she did not have a light to shine. She recognised how her poor

boundaries had allowed others to bully her. Once she realised how she had given her power away and was still stuck in the past reliving her negative beliefs, she could change her perspective.

She saw how threatened her old boss was by her skills and easy rapport with others. She saw how she was taking responsibility for her family's feelings but not for her own. She realised that she had to let go of trying to control the conflict. When she did this, her tension released. She felt the deep love and respect she has for her husband and children and saw that choosing to be calm, relaxed and present in her family environment was the best way that she could help the situation.

Then she was able to embrace the new healing modality with a new perspective. It became obvious to her how she had let others drag her down as she didn't believe she was good enough. Once she took responsibility for holding herself back, she could see that it had nothing to do with her competence and everything to do with how she thought about herself. She chose to think positively about herself. She was able stay light hearted when criticised and to feel confident about herself and her abilities. She felt secure in the knowledge that her past doesn't determine her future and that it's her choice to be confident and feel strong. She chose to move forward with this new perspective on life.

“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances.”

Viktor Frankl

The truth is, it's up to you how you interpret your life events. Do you see difficulties and criticism which prove your lack of competence or ability? Or, do you see challenges, other people's fears and projections, and opportunities for growth and self discovery? It's up to you how you view yourself and your capabilities; if you aim low or aim high. It may be easier to expect more of the same for yourself, to stay in the safety of familiar limitations. You can set your sights on a job that you know you are overqualified for so there is no way you won't get it, as opposed to going for the job where you only fulfil a portion of the criteria but you know in your heart you'd be great at and would grow into. Or, you can choose to align with your higher self, to feel your worth and to be open to possibilities.

“It is what a man thinks of himself that really determines his fate.”

Henry David Thoreau

5 reasons imposter syndrome is blocking your purpose

Reason 5



You're waiting to be perfect before you commit to something

The truth is, if you're waiting to be perfect before you pursue your dreams you will have a long wait. It's easy to get caught up in the small details and "miss the wood for the trees". Perfectionism can be a form of self sabotage when it becomes an excuse to stay in your comfort zone. If you think that everything you do has to be perfectly clear and mapped out (ideas, dreams, goals, life path) before you get started, then you may never start.

Do you waste time and energy on small details? Do you berate yourself if you don't get something right the first time? Or feel that everything you do has to be perfect? Or, that you have to embody the role that has been designated for you perfectly? All of this mental pressure makes it impossible to feel empowered and to connect with your purpose.

Your purpose will not come from meeting others expectations, or by thinking and planning every detail. You may have the tendency to procrastinate about putting energy into clarifying your purpose or creating a vision out of fear that you won't get it right. Or, you may find yourself overthinking, and spending hours researching, preparing, or auditing courses and programs that you think you'll need before you can choose a new path. Or, you may just feel overwhelmed and find yourself too busy with life to even think about it.

One of my clients came to me feeling stuck, unsatisfied and ungrateful in her life. She had put her career on hold to raise her baby and even though she loved her child, she felt a loss of personal identity and felt guilty for wanting more. She wanted to be the perfect wife and mother and felt that her discontent meant that she was “greedy.” She felt foggy about her purpose and role in life and in an uncomfortable state of limbo.

She had had a series of counselling but had yet to get to the root of the issue and was still feeling anxious, unworthy, and unable to ask for what she wanted. She felt the pressure to be perfect at everything, the “good girl”, and to accept her role. Her anxiety was that if she asserted herself, and was clear about her needs and dissatisfaction that she risked rejection and being perceived as imperfect. Being authentic felt messy and unsafe, staying vague and not speaking up meant that there was no pressure and she could feel safe, however dissatisfied.

Through our work together she uncovered that she hadn’t admitted to herself what she really wanted to do as she feared she wouldn’t be accepted in a perceived male field of work. Underlying this was the belief that she should conform to the female stereotype or her husband would reject her as “a bad wife” if she asserted herself and chose to pursue academia rather than staying at home with the baby. She

realised that this block was literally shutting her down and leaving her disconnected from herself and loved ones. Her fear of not having her needs met and approved of meant she was not communicating with her husband, nor allowing him the chance to express his views, which when she did were supportive.

She realised that the block was in her rather than anything to do with her husband. She was playing out her childhood pattern of having to be the good girl to please her dad. She recognised how she had interpreted her father's annoyance at her wanting to play when he was busy as the fact that it was not ok to ask for attention and love, or to be playful. That she had to be good, quiet, and grown up.

Once she recognised the story she had created, she was able to release the power she had given to this internalised parent and the rigid need to be perfect and conform. Instead, she chose to allow the childlike, playful, joyful part of herself that she had shut down for so many years and by connecting to herself was able to connect with her husband again.

She felt renewed enthusiasm and an excitement to get on with things. Empowered by knowing that she had something of value to offer, and could choose to follow her passion without worrying about being a bad mother or getting it all right the first time.

The truth is, perfectionism is a common aspect of imposter syndrome that keeps you stuck feeling vague, planning, preparing, judging yourself and procrastinating, feeling like you don't want to get started, or pursue a direction until you're 100% sure you've chosen the right thing. Sound familiar? I've been there.

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”

Louise Hay

I've wasted countless hours (months) worrying about small details and putting off getting things started or finished for fear of being judged, or someone noticing the flaw I missed, or being found out as imperfect. When I met my business coach I was struck by the fact that he was both wildly successful, and comfortable with himself, even though his written material was riddled with spelling mistakes (!) and he happily shared his stumbling blocks and complete failures ... and it made him more approachable and trustworthy rather than less. It finally sunk in that I am the only one expecting myself to have everything figured out. I have achieved and experienced enough to be of service now. As long as I am further ahead, and I know how I got here, that I can help others move forward too. I also recognised that sharing my process, failures and doubts, and how I overcame

them could be more inspiring and relatable than presenting a perfect facade.

It's always good to have reminders that your inner critic is harsher on you than anyone else ever would be. Being authentic means that you don't need to be perfect, feelings can be messy, growth isn't uniform and linear, trial and error is a normal part of the learning process and making mistakes doesn't mean you're a failure.

The truth is you don't need to be perfect to have value. The more you are able to stop stressing and be present, the easier it is to be in alignment with your true purpose. You don't have to figure out the answers, the more you relax and connect to yourself, the clearer it will be. Your purpose doesn't need to be perfect. It just needs to resonate and inspire you in the present. You don't have to be perfect before you can do great things. Your purpose, your "why", can be a short term driver, or a big picture deep soul knowing. Or both. And each of these will most likely evolve as you do. What skills, passions, and talents do you already possess that you can employ in the service of others? All you need to do is choose something that brings you joy and take the first step, and then the second will become apparent.

"When you follow your bliss the universe will open doors where before there were only walls."

Joseph Campbell



So now what?

The truth is, your beliefs dictate your behaviour. How many things do you understand intellectually and then find yourself repeating the old pattern anyway? If you want to change your results without a load of willpower, wasted effort, and resistance, then the quickest way to do this is to change your beliefs. The quickest way to change your behaviours is to change what drives them, your thoughts and feelings. Your definition and experience of your value and competence, success and failure, is the foundation of how

competent or worthy you feel. Not only is adjusting what you believe, and thus feel, about your value, competence, success, and failure, the fastest path to overcoming imposter syndrome, this won't happen until you change your perspective. However, this can't be done with the conscious mind alone, or by sheer willpower. You need a method that digs deeper and transforms you from the inside out.

“Can you accept the notion that once you change your internal state, you don't need the external world to provide you with a reason to feel joy, gratitude, appreciation, or any other elevated emotion?”

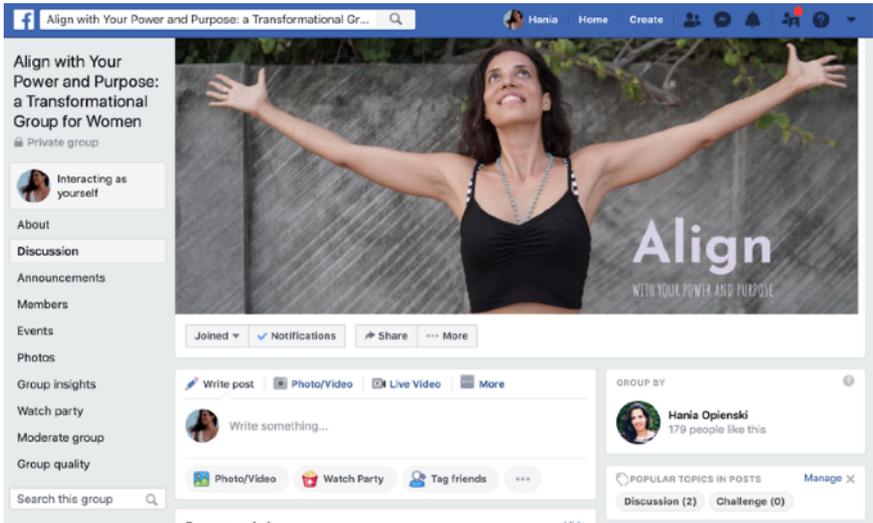
Joe Dispenza

The fact that you are reading this guide already tells me that you are ready for transformation. Do you want to feel centred and happy in yourself? Do you want to know beyond a doubt that your value comes from within? Are you ready to see your life experiences and challenges not as struggles and failures but as opportunities for growth? Are you ready to feel true compassion, not just for others, but for yourself as well? My desire for you is not only that others see your light, intelligence, and competence, but more importantly, that you believe in your own worth and capability and allow yourself to shine.

“Here is the amazing thing: the caterpillar and the butterfly have the exact same DNA. They are the same organism but are receiving and responding to a different organizing signal.”

Bruce H. Lipton

How can you get the most out of this guide? Number one, apply the advice. If you want to speed up your journey, and get the support to explore the blocks and feelings that come up when you take a good look at your beliefs, plus the safe space of a community of like minded women going through the same process, then please join my FREE FaceBook Group, **Align with your Power and Purpose: a Transformational Group for Women** [here](#).



I look forward to meeting you in the group.

Hania x

Click here to join the group: <https://www.facebook.com/groups/222118059000187/>

