

The Ultimate Step-By-Step Guide To

# Shine Bright! Overcoming the Imposter Syndrome



# WELCOME



Hi! My name is Elizabeth Sabet. I am a lover of life, an adventurer, and passionate about helping people follow their calling! Why?!

I know first-hand what it's like to be called to something more than your current picture of yourself and know how scary and daunting the journey can be!

I was called to walk the Camino de Santiago in 2006, and my life has never been the same. My whole life changed in 34 days!

I have been walking out my calling of creating safe spaces for people to explore their lives beyond the enculturated self for over 16 years! Through creating communities, education, and coaching, my life has been dedicated to helping people just like yourself listen to their Spirit and Souls and create plans to bring them into their full expression.

Oprah said, "I believe there's a calling for all of us. I know that every human being has value and purpose. The real work of our lives is to become aware. And awakened. To answer the call."

I absolutely agree with Oprah! Big or small, one or many, every calling is important, has value, and defines our experience here on earth. **My calling is to empower and support people like yourself to awaken to their calling and to create the space for you to walk it out creatively, powerfully, and successfully.** And to help you out of the traumas of life that hold you back from enjoying as much life as you possibly can while you bring beauty to others and the planet.

**READY? LET'S GO!**

*Elizabeth Sabet* <sup>2</sup>

# How to Move from Feelings of Inadequacy to Integrity & Confidence

Feeling inadequate and experiencing imposter syndrome happens when facing growth edges and upper-limit challenges while being called to go farther or do something that makes you nervous in a way that makes you fear you don't belong or shouldn't be doing something because someone did it better. The first step in overcoming these feelings is to remember that they do not reflect your true capabilities or potential! They reflect the uncertainty that you will succeed at answering the call in a way that won't humiliate or expose you.

You may need to learn new skills or be willing to take a risk. But you weren't just given a calling; you were also given the capacity to learn, grow, have courage, and develop the connections and resources to make it happen!

**“Life isn’t meant to be lived perfectly...but merely to be LIVED. Boldly, wildly, beautifully, uncertainly, imperfectly, magically LIVED.”**

— Mandy Hale, [The Single Woman: Life, Love, and a Dash of Sass](#)

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## What do you know? What do you not know?

Let's put first things first. Do you feel like an imposter or insecure because you don't know enough about your calling to move forward, or do you simply not know HOW to move forward? It can be possible that your calling is asking you to learn new skills, become more educated on the topic, make necessary life changes, or risk sharing your work in public - the big UGHH! for introverts! - But just because you don't know how to do something associated with walking out your calling doesn't make you inadequate or an imposter! It simply means you have some learning to do!

Let's start by reframing the fear of being inadequate to objectively examine your skills, gifts, and talents. This process begins to shift you out of fault-finding and into powerful choice-making!

Instead of finding fault with yourself for not being fully equipped to answer your calling, this gentle reframing process gives you permission to come to terms with the possible steps and stages you'll need to meet instead of stopping you in your tracks because you're not there yet!

## Getting Clear

Use the next 2 pages to clarify what you are being called to change or impact, your values, and how you want to protect what matters most to you. Why are we bringing this up before addressing your insecurities? I want to know what you want. I want to know what you can see yourself doing if you aren't insecure about it, so tell me about yourself!

## The Impact

List all the ways successfully engaging your calling will create impact. What will change?

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## The Values

List the values your calling exemplifies.

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## Protecting What Matters Most

Reflect on your health, relationships, financial stability, and other high-priority aspects of your life, such as relaxation, play, and other social activities. Now, contemplate when you look back at your life 10 years from now. What do you want to have experienced? What do you want to have impacted and influenced besides your calling?

## Life Goals

What do you want to experience in life?

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## Protection

For each item listed above, list what you can do to preserve and protect the potential of making them happen.

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# A Word About The Parts of Us That Don't Believe We Can



## MANY PEOPLE STILL HAVE STRONG UNMET NEEDS FROM THEIR YOUTH

Imposter syndrome is a psychological phenomenon where individuals doubt their accomplishments, abilities, or skills and fear being exposed as a fraud, despite evidence of their competence. While the exact causes of imposter syndrome can vary from person to person, there are several ways in which unmet childhood needs may play a role:

High expectations and perfectionism: If a person grew up in an environment where they felt pressure to meet exceptionally high standards or where their achievements were constantly emphasized, they may develop perfectionistic tendencies. This can contribute to imposter syndrome because they may fear that they won't live up to those expectations or that they will be exposed as not being as capable as others perceive them to be.

Lack of validation and support: When individuals do not receive sufficient validation, emotional support, or recognition for their accomplishments during their formative years, they may internalize a belief that their achievements are not worthy or genuine. This can lead to doubting their abilities and feeling like they are deceiving others when they succeed.

Critical or dismissive parenting: If individuals

experienced consistent criticism, dismissal, or invalidation during childhood, they may internalize a belief that their thoughts, ideas, or abilities are not valuable. This can contribute to a persistent self-doubt and a feeling of being undeserving of success or recognition.

Fear of rejection or failure: Unmet needs for acceptance, belonging, and love in childhood can create a fear of rejection or failure in adulthood. As a result, individuals may feel like they are constantly "faking it" to fit in or avoid disappointing others. They may fear that if they reveal their true selves or make a mistake, they will be rejected or deemed unworthy.

It's important to note that imposter syndrome is a complex phenomenon influenced by various factors, including personality traits, societal pressures, and individual experiences. While unmet needs from childhood can contribute to its development, therapy, and self-reflection can help individuals identify and challenge these beliefs, develop self-compassion, and build a more authentic and confident self-image. If you're struggling with imposter syndrome, seeking support from a qualified mental health professional may be beneficial.

# The Parts of Us

In the Internal Family Systems (IFS) therapy model, various sub-personalities, often referred to as "parts," that can emerge within an individual. While the specific types of parts can vary from person to person, here are ten common types of sub-personalities that are often recognized within the IFS framework:

**Exiles:** are parts of the self that carry emotional pain, traumatic memories, or vulnerability. They often hold unresolved emotions or past experiences that have been pushed away or suppressed.

**Managers:** are proactive parts that try to maintain control and protect the individual from pain. They often exhibit traits such as perfectionism, self-criticism, and a need for order or structure.

**Firefighters:** are reactive parts that emerge when intense emotions or overwhelming situations arise. They act impulsively to distract or numb the individual, often through behaviors such as substance abuse, self-harm, or excessive work.

**Protectors:** are parts that aim to shield the individual from potential harm or vulnerability. They may display traits such as aggressiveness, defensiveness, or a strong need for control.

**Inner Critic:** is a part that tends to judge and criticize the self harshly. It may enforce strict standards or beliefs about what is right or wrong, leading to feelings of inadequacy or self-doubt.

**Pleasers:** are parts that prioritize meeting the needs and expectations of others over their own. They often struggle with asserting themselves or setting boundaries and may fear rejection or disapproval.

**Caretakers:** are parts that feel a strong sense of responsibility for others' well-being. They tend to prioritize taking care of others' needs, sometimes at the expense of their own.

**Skeptics:** Skeptics are parts that question and doubt the value or effectiveness of therapy or self-help interventions. They may be resistant to change and fear vulnerability or getting hurt.

**Fearful parts:** are characterized by anxiety, worry, or a heightened sense of fear. They may anticipate potential threats or dangers and strive to keep the individual safe.

**Curious or Observing Self:** While not a part in the traditional sense, the Curious or Observing Self represents a compassionate and non-judgmental aspect that can be cultivated. It can witness and understand the various parts without becoming overwhelmed or identifying with them.

Please Note: that the types and names of sub-personalities may vary, as everyone's internal system is unique. These examples provide a general overview of some common sub-personalities within the IFS model. If you believe you have a strong unmet need for one of these parts, please see a trained professional to help you safely integrate these parts.

## Using Parts and Tiny Goals to Overcome Imposter Syndrome

Setting tiny goals and bringing the part of us that doesn't believe we can on the journey to achieving a final outcome is one of the most effective strategies to boost self-confidence and overcome imposter syndrome. Achieving goals gives us a sense of accomplishment and helps us to become more confident in our abilities. Goal setting also helps us to stay motivated.

By setting tiny goals, we can make sure that our objectives are realistic and achievable. Oftentimes, people who suffer from imposter syndrome have unrealistic beliefs about what they should be able to do and how long it should take to accomplish it. Instead of setting yourself up for failure by having unrealistic goals, break them down into small achievable, bite-sized goals.

With the right mindset, proper tools, and support, anyone can achieve their goals and gain self-confidence along the way.

### TURNING ONE BIG GOAL INTO SEVERAL SMALLER GOALS

By taking a large project and turning it into 5 or 6 stages of development - and then breaking those stages down into as many tiny step goals as necessary, you will be amazed at how focused you become and how good you feel as you knock out each step of a stage, feeling more secure, confident and sure of your voice, purpose, and ability. You truly will begin to feel like the person you want to be presenting to the world because you ARE BEING that person at the moment!

Use the next few pages to curate one tiny step process to increase your inner well-being and micro steps for accomplishing a big project or goal. It can be a personal or professional goal, but pick one big thing that scares you to create.:

- A habit change that can create a sense of well-being and support your authentic expression
- A project - Break it down into stages - Beginning - Middle - and End and start with the beginning. Then create micro stages for each main stage.

**“Expand!**

**You are not small.**

**Your Foremothers did not do what they did so you could occupy small!”**

**— Malebo Sephodi**



## Tiny Steps to Inner Well-Being

Review the list of IFS Parts to determine the part of you that doubts you can accomplish what you want well or dismisses your accomplishments. We will attend and care for this part in the Tiny Step Process

### Parts You Recognize in Yourself

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Now, put one hand on your gut, and the other on your heart. Tune in and ask these parts which one wants attention the most and circle that part.

### One Big Project \_\_\_\_\_

List all the meaningful projects you would like to accomplish and feel good about yourself while you are doing it. List several projects and then determine which would create the most peace and fulfillment for your most doubtful part.

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# A 6-WEEK TINY STEP JOURNEY

01

The part of me that has a hard time believing this is:  
The Abandoned & Betrayed Inner Child. I commit to spending 10 minutes a day checking in with him/her to be with, listen to, & respect her/his needs. I take them into consideration when choosing how to move forward.

02

STEP 2:  
Meditate twice daily, once in the morning and once at night.

03

STEP 3:  
Research and store recipes that fit my health needs. Invest 15 minutes a day in this task.

04

STEP 4:  
Create daily menu plans. Invest 15 minutes daily in creating the daily menu plan to create and store as many daily plans as possible in the next 3 weeks.

05

STEP 5:  
Invest 10 minutes in creating weekly menu plans from all the previously created daily ones.

06

STEP 6:  
Cook healthy meals following my weekly meal plan.

# A 6-WEEK TINY STEP JOURNEY

01

The part of me that has a hard time believing this is: \_\_\_\_\_

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. I commit to spending 10 minutes a day checking in with him/her to be with, listen to, & respect her/his needs. I take them into consideration when choosing how to move forward.

02

STEP 2:

03

STEP 3:

04

STEP 4:

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STEP 5:

06

STEP 6:

# A 6-WEEK TINY STEP JOURNEY

01

The part of me that has a hard time believing this is: \_\_\_\_\_

\_\_\_\_\_  
. I commit to spending 10 minutes a day checking in with him/her to be with, listen to, & respect her/his needs. I take them into consideration when choosing how to move forward.

02

STEP 2:

03

STEP 3:

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STEP 4:

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STEP 5:

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STEP 6:

## One Big Project \_\_\_\_\_

Choose one meaningful project you would like to accomplish and feel good about yourself while you are doing it and write it in the line above and follow the instructions below.

- Break the project down into 3 stages giving each stage a title based on what the end goal of that stage is.
- Then determine the main projects or steps that need to be accomplished to complete each stage.
- Take each of these steps and break them up into individual tasks in order.
- Determine which of these tasks can be delegated and to who, and the deadline.
- Go back to Stage 1 and determine how long each task will take and schedule your calendar accordingly for the tasks you are not delegating. (give yourself extra time, we often underestimate how much time a task will take!)

### Stage 1: \_\_\_\_\_

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### Stage 2: \_\_\_\_\_

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### Stage 3: \_\_\_\_\_

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**Stage 1:** \_\_\_\_\_



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**Project 1 Tasks:**



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**Stage 2:** \_\_\_\_\_



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**Project 2 Tasks:**



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**Stage 3:** \_\_\_\_\_

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**Project 3 Tasks:**

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## Reframe Your Self-Talk and Focus on Your Strengths

Take time to reflect on your past experiences and situations where you felt confident and performed well. Recognize the skills, qualities, and attributes that contributed to those successes. When faced with challenges or self-doubt, remind yourself of these strengths. Direct your energy and efforts towards leveraging them

in pursuit of your calling. Celebrate your strengths as valuable assets that enable you to make a meaningful impact. By focusing on your strengths, you build self-confidence and develop a clearer understanding of how to apply your unique qualities to achieve your goals.

By regularly celebrating your achievements and acknowledging the positive change you've brought about, you cultivate a mindset of gratitude, resilience, and continued growth on your journey of fulfilling your calling.

### **Celebrate your progress and remind yourself of your positive impact so far!**

Celebrating each small step of your progress and acknowledging their impact on you or others serves as a form of self-care and self-appreciation. It allows you to nurture your well-being and mental health and keeps you focused on your capabilities! Among all the challenges and demands of pursuing your calling and making big changes in your life, take the time to celebrate your accomplishments and reflect on the positive difference you've made, replenishes your energy, and rejuvenates your spirit.



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**WRITE DOWN FOUR SMALL STEPS YOU'VE ALREADY TAKEN AND THEIR IMPACT ABOVE**

## What's at Risk

What's at risk if you stay stuck in the imposter syndrome? What would you be missing out on by not addressing your insecurities?

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## Your Team

Who do you need on your team to help minimize the risks?

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# Engagement $\sqrt{\text{S}}$ Avoidance

When stuck in the imposter syndrome, spinning around in doubt and confusion, you are either altogether avoiding taking action, bypassing the real unmet needs of your different parts, and engaging in over-compensatory activities that lead to unfulfilling results.

## ENGAGEMENT

- FULLY PRESENT WITH WHAT IS HAPPENING IN THE MOMENT.
- HOLDS SPACE FOR TRUTH AND AUTHENTICITY.
- PARTICIPATING IN COMMUNITY OR SEEKING SUPPORT



## AVOIDANCE

- AN ATTEMPT TO CONTROL OUTCOMES BASED ON "SHOULD'S."
- BYPASSING INTERNAL TRUTH TO GET QUICK RESULTS WITHOUT LONG-TERM CHANGE
- ISOLATING, INDULGING IN ENTERTAINMENT, NOT SEEKING SUPPORT

## **Surround yourself with supportive and like-minded individuals**

Building the confidence to follow your calling is significantly enhanced when you seek out a community of individuals who share similar aspirations and challenges. The benefits of engaging with supportive, like-minded people in discussion and sharing experiences are:

### **#1 - Being part of a community validates your experiences.**

When you connect with others who are on a similar path, you realize that the challenges, doubts, and struggles you face are not unique to you. This validation helps alleviate feelings of isolation and self-doubt. It reminds you that you are not alone in your journey and that others have faced and overcome similar obstacles.

### **# 2 - A supportive community provides encouragement during moments of self-doubt.**

In times when you question your abilities or face setbacks, having individuals who understand your aspirations can offer valuable perspective and motivation. They can provide encouragement, share their stories of resilience, and offer guidance and advice. Their support can serve as a reminder of your capabilities and help you regain confidence in pursuing your calling.

### **#3 - They offer opportunities for growth and learning.**

Engaging in discussions and sharing experiences allows you to gain insights from different perspectives. You can learn from others' successes and failures, discovering new strategies, resources, and approaches to propel you forward. The collective wisdom and knowledge within the community can broaden your horizons and provide valuable guidance as you navigate the challenges of following your calling.

### **#4 - Being part of a supportive community fosters a sense of belonging.**

We thrive when we feel connected to others who share our passions and aspirations. The shared experiences, understanding, and camaraderie within a community create a supportive environment where you can be your authentic self. This sense of belonging boosts your self-esteem, bolsters your confidence, and encourages you to continue pursuing your calling with a sense of purpose and fulfillment.

### **#5 - A community can serve as a source of accountability.**

When you share your goals and aspirations with others who are invested in your success, you create a system of accountability. The community motivates you to stay committed to your calling and push through challenges. Knowing that others are cheering you on and holding you accountable helps you stay focused and dedicated to your path.

*Thank You!*  
let's stay in touch!



I hope this guide supports you in finding the courage to act on your dreams and your calling!



Email me at [Elizabeth@ITTCInternational.com](mailto:Elizabeth@ITTCInternational.com) or text me at 806-928-7242 for more support!

ELIZABETH SABET

Online educator | Entrepreneur | Coach



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& TRANSPERSONAL  
COACHING

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