

Starting Before You Feel Ready

PART 1: The Imposter Syndrome Reality Check

The voice in my head says:

When I think about starting, the negative voice tells me:

Now, let's reality-check this:

- Is this a feeling, or a fact?
- What actual evidence do I have that this is true?
- Have I ever done something similar and had good results (even informally)?
- Can I do this better than someone with NO experience in this area?
- Do I have a skill/knowledge that would genuinely help someone?

The truth is: (Rewrite the negative voice with reality)

PART 2: Confidence vs. Competence

Things I'm waiting to feel before I start:

- More confident
- More qualified

- More experienced
- More certain it will work
- Other: _____

The truth: Confidence comes AFTER action, not before.

One thing I can do THIS WEEK even though I don't feel ready:

PART 3: Your First Brave Action

Instead of waiting until I feel ready, I'm going to:

Start small and private: Who is ONE person I could tell about my idea or offer my service to?

Reframe as experiment: What if I tested this for just 30 days? What would I try?

Focus on helping one person: Who is one person I could genuinely help right now? What is their problem that I could solve?

PART 4: When Imposter Syndrome Strikes

My imposter syndrome warning signs: (How do I know when it's happening? e.g., I procrastinate, I over-research, I feel sick)

When I notice this happening, I will Pause and ask: Is this feeling or fact?

One person I can talk to when I feel like this:

MY COMMITMENT:

This week, I will take this ONE action even though I don't feel ready:

I will do this by: _____ (date)