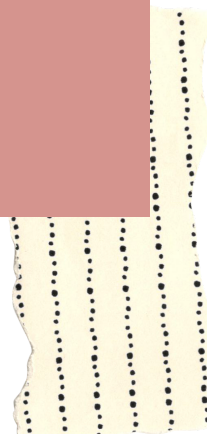
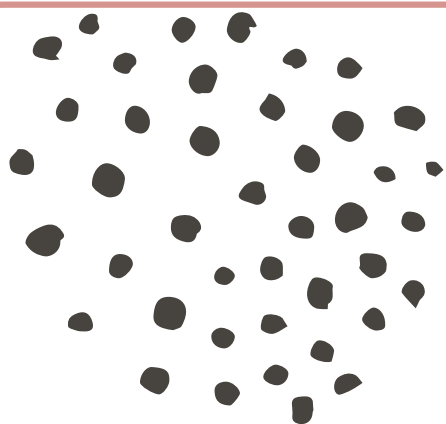




If you have feedback
or ideas for
additional workbook
activities, please
email
emogeo@carleton.ca



MINDFUL
IMPOSTERING

Useful Tools

- Kindness to yourself
- Computer/mobile device
- Pencil
- Craft supplies (markers, glitter, glue, magazines, or spices)
- Water/Coffee/Tea
- Music
- Time

2

TAKE A MOMENT TO IMAGINE
TANGIBLE WAYS YOU CAN LEARN TO
TRUST YOUR IMPOSTER SELF.

15



A Path Forward

WHAT IS IMPOSTERING SIGNALLING TO
YOU? WHAT CAN YOU DO TO BE
PRESENT WITH YOUR IMPOSTER SELF?

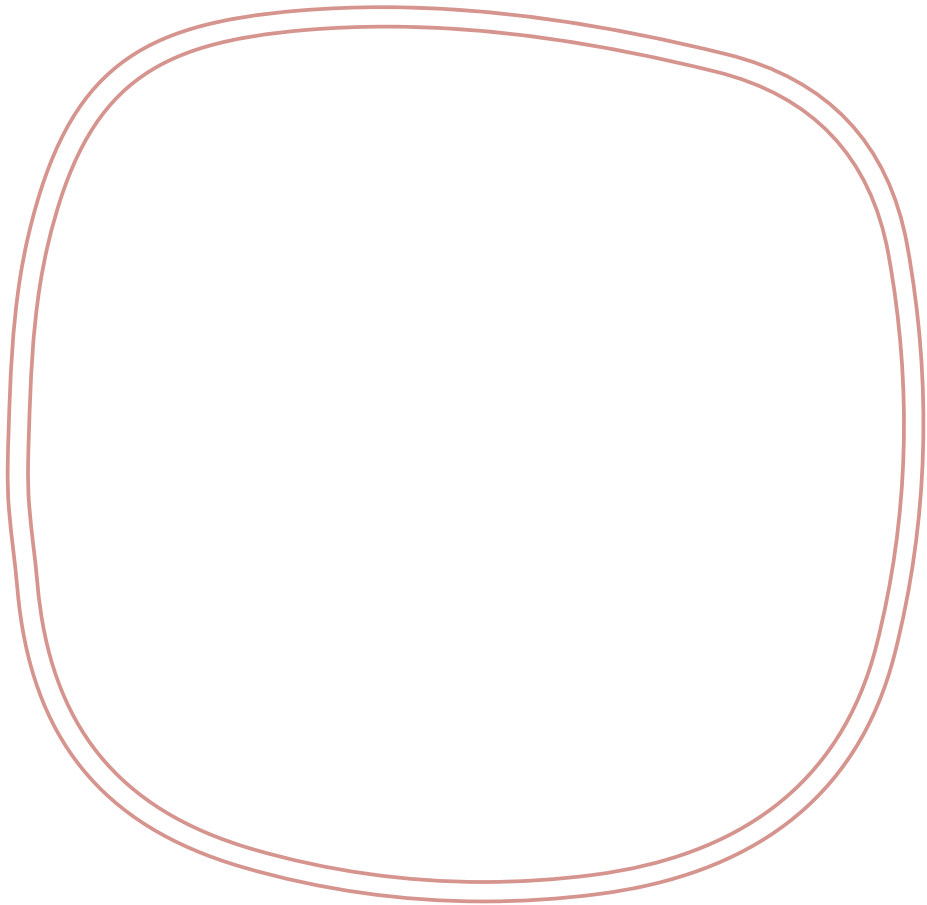


This workbook is a place for
you to materialize your
imposter self, to make space
for imposter in your life, and
to pay attention to the
interactions of imposter
syndrome and the spaces in
which it functions or thrives.



WHAT IS
THIS

MAP OUT PLACES YOUR IMPOSTER
SELF FEELS AT HOME



WHAT IS THE TEXTURE OF YOUR
IMPOSTER EXPERIENCE?



MAKE A MIXTAPE
PLAYLIST FOR YOUR
IMPOSTER SELF

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

DRAW OR COLLAGE A SAFE SPACE
FOR YOUR IMPOSTER TO LIVE



9

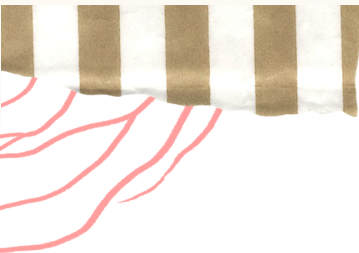
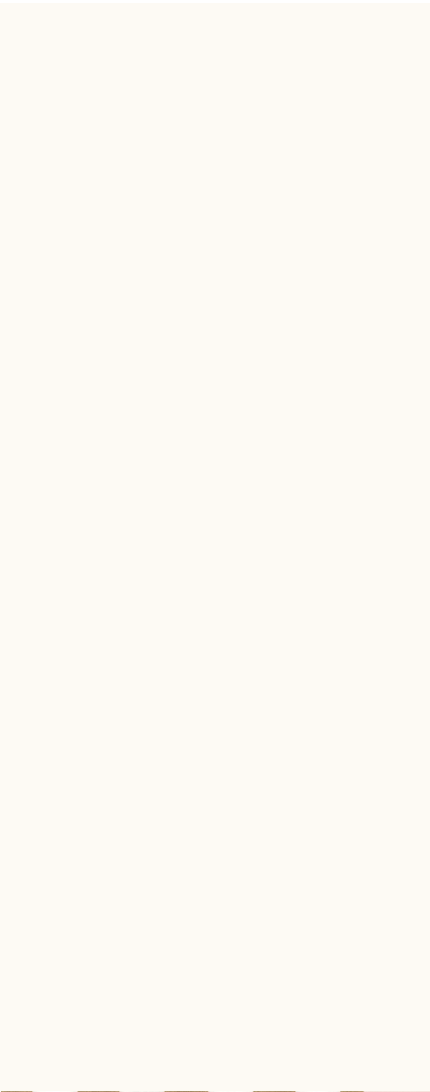


VISUALIZE YOUR IMPOSTER SELF,
DRAW OR COLLAGE THEM HERE



11





IMAGINE YOUR IMPOSTER SELF AS A CLOSE FRIEND
CONFIDING IN YOU, HOW COULD YOU SUPPORT THEM?

6

8

