

Let's Alchemize *YOUR Antidote*



Get clear on your magnetic  Authenticity & Alignment to kick Impostor Syndrome in the asterix.

A worksheet to help you create the 3 tools to tap into authentic and aligned self and lead with confidence.

1. Memories & Goals? What is a circumstance past memory or future goal that makes you feel impostor syndrome?

What thoughts do you have about that event?

What feelings do you experience in your body?

What actions do you expect this will create?

What will the results be or what are you afraid in the worst case they will be?

The Antidote to Impostor Syndrome

2. ⚡elf📦 - On the left side of this paper write the worst qualities that come out of you when you have Impostor Syndrome. Use the specific example from page 1 to help you remember.

Then write the EXACT opposite on the right side of the column.

Worst
Version of You



Awesome
Version of You

--	--

The Antidote to Impostor Syndrome

2. ⚡️elf📦 - On the left side of this paper write the worst future you're afraid of when you have Impostor Syndrome. Use the specific example from page 1 to help you remember. Then write the EXACT opposite on the right side of the column. What is your awesome ideal future you actually are hoping for?

*Worst
Future*



*Awesome
Future*

--	--

The Antidote to Impostor Syndrome

You are not a fixed point. you are spectrum. The empowering truth is the opposite of the lie.

3. ⚡elf📦 - Your purpose.

Who. Who do you want to show up as? Use inspiration from the AWESOME self on the list from page 2 and rewrite ones that resonate here. Add anything else missing.

What. What do you want to do? Use the memory or goal from page 1 for context.

Why. Why does this matter to you? Why are you wanting to be this “who” version of your self and achieve your what?

Memory Cue. What physical reminder will you select to anchor these thoughts to your ideal ⚡elf📦?

The Antidote to Impostor Syndrome

Fortune 500 companies have a board. You have a ⚡ quad.

3. ⚡ quad ➡ - Your people.

Who. Who gives you energy? Who consistently see's you as your ideal ⚡ elf ⬆ and remembers?

When. When do you need to talk to them? When do you currently invest in each other? Would a scheduled time help?

How. How SHOULD you be connecting to each other and encouraging each other's ideal ⚡ elf ⬆? A text, call, vacay or PowerPoint party?

Labeling Theory. Schedule time, a special gesture, a special title and explanation to empower your ⚡ quad ➡ to speak into your life. Align. Commit together to do the same thing for each other.

The Antidote to Impostor Syndrome

In our service we seek mutual alignment - and not one sided service.

4. ⚡ SERVICE ⬇️ Your plan.

Who. Who are you here to serve? It could be your best self, your clients, employees, company, investors, friends, family, kids or a legacy? Add details to understand them.

Why. Why does this matter to you and what you care about? Why do you want to serve them? Why do they ideally need you?

The Antidote to Impostor Syndrome

4. ⚡ SERVICE ⬇️ Your plan. (Cont'd)

What. What does your WHO want? On the left side of this paper write the WORST future they want to avoid? Then write the EXACT opposite on the right side of the column. What is their AWESOME future they want to experience?

Worst

Future for Them

⚡

Awesome

Future for Them

--	--

The Antidote to Impostor Syndrome

4. ⚡ SERVICE ⬇️ Your plan. (Cont'd)

Helpers High. How should you feel and how should this work if it's an ALIGNED fit?

And how will you know you should STOP serving them and they aren't the right fit for your ALIGNED awesome future?

Clarity Unlocks Change.

Your authenticity and alignment will create influence and opportunities you had never imagined.

You deserve to be the version of yourself you dream about. And the world needs it.

Now you are clear on YOUR Antidote.

1. ⚡ **ELF** ⬆️ *Your purpose.* Who, What, Why.
2. ⚡ **QUAD** ➡️ *Your people.* Who, When, How.
3. ⚡ **ERVICE** ⬇️ *Your plan.* Who, What, Why?

Next you need to remember and practice.

- Re-write your conclusions as shorter words to make them easier to remember.
- Put up post it notes to remind yourself.
- Do the hand raises in the car riding to your next big appointment.
 - ⚡ **ELF** ⬆️ *Your purpose.*
 - ⚡ **QUAD** ➡️ *Your people.*
 - ⚡ **ERVICE** ⬇️ *Your plan.*
- Schedule time to talk to your people.
- Go hard towards your AWESOME future.
- Make your plans to use these Neuroscience tools to tap back in:
 - Memory Cue
 - Labeling Theory
 - Helpers High
- Remember life and success it's an iterative game. Dust yourself off and get after it again.

Epiphany? I want to hear about it.

Did you learn something from my talk or this exercise? Let me know what you learned with a social media post or message so I can celebrate and cheer you on!

@emilyannepage



Free Playlist on Spotify Curated for you by Emily.

Subscribe to playlist when you need to reset your mindset and remember who you are.

