Transcript of the the Impostor Syndrome: Reasons I am awesome poster by Dr Zoe Ayres for Accessibility

Reasons I'm awesome to combat impostor syndrome. A self reflective exercise to help on tough days.

Write down your education and work experience

Write down 5 things you are proud of

Write down your five top skills

Keep a note of positive feedback here

Part of the mental health series by Dr Zoë Ayres free to distribute.