

Have you experienced feeling like an Imposter?

Please answer these questions by indicating how strongly you relate or don't relate to the statement. 0 = Never; 1 = Rarely; 2 = Often; 3 = frequently.

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|--|---|---|---|---|
| 1. Have you ever felt like a fake or fraud in any area of your life? | 0 | 1 | 2 | 3 |
| 2. Have you ever felt that others don't see you as you truly are? | 0 | 1 | 2 | 3 |
| 3. If so, do you believe if they could really see you deep down, they might not like what they saw? | 0 | 1 | 2 | 3 |
| 4. Do you ever feel as though you just don't fit in? | 0 | 1 | 2 | 3 |
| 5. When you have a meeting or presentation of some kind, do take longer than you think you should to prepare? | 0 | 1 | 2 | 3 |
| 6. If you make a mistake, do you feel you have failed - even if it wasn't your fault? | 0 | 1 | 2 | 3 |
| 7. Do you ever get upset when you receive negative feedback ... or feedback you perceive to be negative? | 0 | 1 | 2 | 3 |
| 8. Do you have a hard time asking for help because you think you should know how to do it for yourself? | 0 | 1 | 2 | 3 |
| 9. Are you a perfectionist? Do you focus on the ideal and the gap between the level at which you delivered and that ideal? | 0 | 1 | 2 | 3 |
| 10. Have you objectively achieved success (others would say you are successful) and yet felt that your successes were unimportant or due to some external factor rather than your own talent, intelligence and experience? | 0 | 1 | 2 | 3 |

Please add up your score and provide your total out of 30. _____

How to read your score: 0-10 = Never/Rarely. 11-20 = Often. 21-30 = Frequent.

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Move beyond the Imposter Syndrome