

What lies beyond the feeling of not being good enough?

In essence, what lies beyond the self-doubt that has you questioning your value (aka Imposter Syndrome) is YOU!

The Imposter Syndrome is a case of mistaken identity. While the feeling of not being good enough may be real at the time, the perception on which it is based is not. So, the journey beyond the Imposter Syndrome is one of removing the 'rot at the roots'.

That doesn't happen with '3 tips to stop feeling like an imposter' or '5 ways to put the imposter syndrome behind you forever' for example. That is a bandaid solution.

The answer is to do the work.

And the reward is monumental.

It's a journey home.

The journey can be represented by two extremes on the spectrum including:

FROM	TO
Feeling you're not good enough and either using the bolshie energy of ego to cover it up or at the other end of the spectrum, hiding to avoid discovery	Recognising and accepting yourself as an amazing human being, imperfect, vulnerable, open, courageous, wise, empathetic, respectful to themselves and others
Being afraid to put yourself out there, concerned about judgement of others leading to rejection	To recognising the most impactful judge in our lives is ourselves and that when we look at ourselves with compassion, we're capable of great daring.
Feeling separate and alone, ashamed of not being good enough	Feeling connected, part of the human community, all on our own journey to learn who we are and to embrace the amazing contribution we're capable of
Feeling hollow and questioning if this is all there is to life, leading to embracing superficial gratification	Finding Purpose and meaning in our lives through being of service to each other, something we're only capable of when we are able to see our unique gifts
Making it all about me	Recognising that a life well lived is a life devoted to being of service; to creating a better world than it is now.
Taking things personally and feeling rejected	Being able to step back and understand the only person who can reject us IS US.

The outcome of this journey is self-acceptance.

- We forgive ourselves for not being perfect, recognising it's not an attainable goal anyway.
- We recognise that others aren't perfect either.
- We stop comparing ourselves to others, recognising they're on their own journey and that there's no point comparing our 3 a.m. self to how others show up.
- We are deeply grateful for the beauty, kindness and love in all its forms that surrounds us
- We recognise that being of service to others brings joy - a feeling that lifts us up and opens our hearts
- And because of that, we're better able to ask for help, knowing it's OK to let others see we're not perfect and knowing that we're giving others the opportunity to be of service
- We are able to give and receive feedback interpreting it as a well intentioned gift from another person's perspective. We can sit with the feedback and take what we need that will help us move forward.
- We respect that we each have a voice to be used wisely, compassionately for the good of ourselves and others and in the service of being real, creating clean spaces for connection and communication and for building relationships based on trust.

There are so many more shifts and outcomes that take place on this amazing journey back to ourselves or 'home'.

Yes, it takes time. It's not a quick fix. It's a fascinating unfolding of the biggest mystery and we hold the key, not the bandaid.