IDENTIFYING YOUR IMPOSTER CYCLE

Trigger
Name the exact moment - who, what, when?

Thought
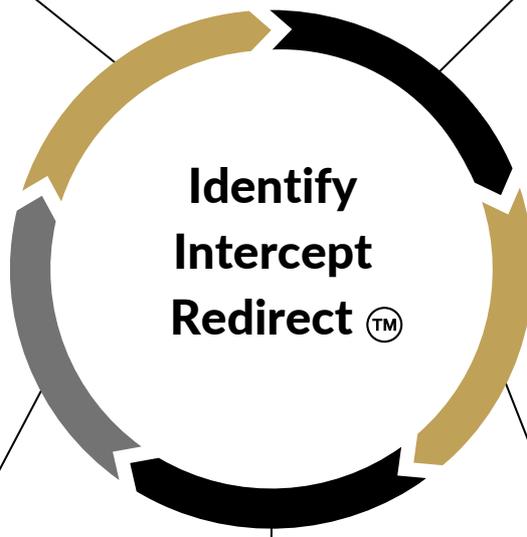What is your main automatic negative story?

Identify
Intercept
Redirect ™

Result
Do you complete the task *(albeit highly stressed)* or do you avoid it?

Behaviour
What self-sabotaging behaviour do you in engage in?

Feelings
How do these thoughts and behaviours make you feel?

NOTES / ACTIONS

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