



IMPOSTER SYNDROME WORKSHEET

1. What insecurities do you know you have? What do you tend to have negative self talk about?

2. What makes you feel like an imposter? Like a fraud? Like a cheater?

3. What does your soul know to be true instead? Who are you here to serve and in what lifetime?



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4. Write out a divine pep talk for yourself starting with IAM...

5. If you knew that you are meant to serve through reiki and using your spiritual gifts, what would you believe about yourself?