

Impostor Syndrome/Inner Critic: Natural Gifts & Talents

- ❖ Designed to help you begin recognizing all the AMAZING things you bring to the world
- ❖ Be sure to carve out small chunks of time where you can focus and not be distracted
- ❖ Think if gifts and talents in ALL areas of your life!
- ❖ This list is DYNAMIC-add to it all the time!
- ❖ Revisit this list OFTEN
- ❖ Allow yourself permission to be creative and NOT edit your thoughts
- ❖ Ask your inner critic to be quiet during this 😊
- ❖ Be sure to SHARE with others!

My Natural Gifts and Talents:

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What comes up for me when I *write* this list?:

What comes up for me when I *share* this list?: