Track and Measure your Successes

When you feel like an impostor, one of the hardest things to grasp is how much of a role you have in your own successes. You might attribute them to outside factors or default them to luck or others' hard work, when in fact, your own work, knowledge, and preparation had a lot to do with it.

The purpose of tracking your successes is to begin to recognise and acknowledge the quality of your own work and accentuate the positives.

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| **Positive Event or Success** | **Look for the Evidence:*** ***What actions did I take?***
* ***Which skills and qualities did I use?***
* ***How did I participate?***
* ***What things did I do well?***
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