

STELLAR *Life*

Hosted By *Orion*

How to Combat Your Imposter Complex

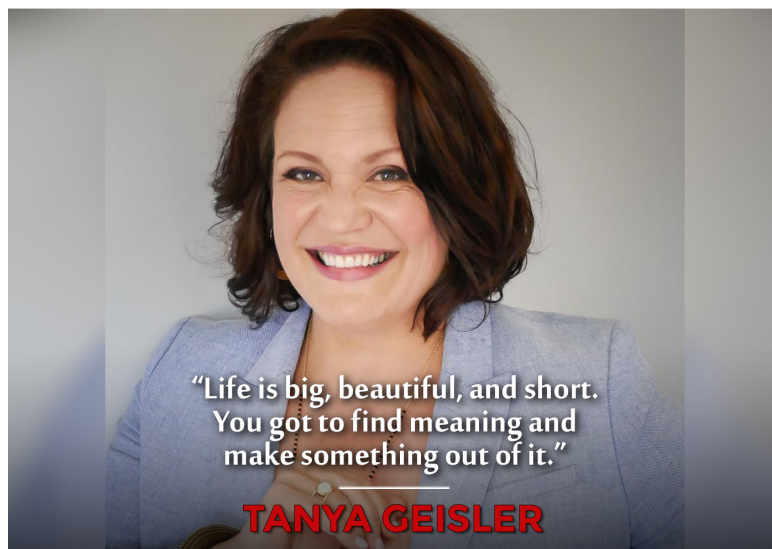
10 Point Checklist

Tanya Geisler

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Give yourself credit for the things you've achieved. Avoid putting yourself in a position of diminishing yourself.
- Refrain from comparing yourself to others. If you focus on what others are doing, you lose sight of your own goals.
- Steer clear from perfectionism. Being too hard on yourself and feeling like nothing is ever good enough will only make things worse.
- Don't procrastinate with work. Setting things aside and waiting until the last minute will only make you regret days you don't finish something.
- People-pleasing shouldn't be a priority. Sometimes they like you, sometimes they don't. As long as you're not entering someone else's lane, keep doing what you love best.
- Separate feelings from facts. Take a pause and analyze your emotions. Is it necessary or helpful to you? If not, it's best to let it go.
- Be aware of your patterns so you can train yourself not to keep repeating them.
- Write down your achievements, even the little things. Writing them down gives you more validation for your accomplishments.
- Reward yourself for all the hard work. Celebrate the little things. Treat yourself!
- Visit [Tanya Geisler's website](#) to learn more about how to deal with Imposter's Complex.