

#71 What are your gifts?

Likely to be high-achieving and to appear successful to the outside world, inside 'Impostors' feel that others have a disproportionately over-inflated view of them. They spend their lives waiting to be 'found out' as a fraud – an impostor. They can be anyone from a high-achieving student, to a stay-at-home 'perfect mum', to a rising star in the workplace.

Grounding ourselves in the reality of the situation can help. Write in the 'gift boxes' below some of the things you've brought to the world.

