



Dr Andrea Pennington: How To Overcome Imposter Syndrome



Dr Andrea Pennington is an American integrative physician, acupuncturist, meditation teacher and media specialist, the Founder of In8Vitality, a Bestselling author, and highly acclaimed 2x TEDx speaker. In this session Dr. Andrea Pennington will explain the cause and cure of Imposter Syndrome.

TOP EMBODIMENT TIP: Find the movement practice that fits for you.

Imposter Syndrome: Feeling of Not Being Good Enough

- Occurs when we try to be something that we are not or who we really are, a disintegration from true self
- Stress of playing the role becomes toxic & stifling

Origins: When Does Imposter Syndrome Begin?

- Children learn expectations and what matters to caregivers so develop an ego/sense of self from this environment.
- The first time you did something or be something to be enough; the first step of unravelling the programming.

Unravelling: Finding a Flow State

- Peak Experience Writing Assignment - thinking back to a time when you were in a complete state of flow or in the zone, time when we're using our skills and we lose the concept of time and self. Examples include: gardening, hiking, caregiving, etc. These experience shine light on our soul print
- Continue exploring these flow states and put them into a daily practice

5 Steps: Discovering Your True Self

- Step 1: Self awareness, understanding programmed self (symptoms, traits, etc.) vs. soul print
- Step 2: Acceptance, forgiveness work
- Step 3: Accountability for life, recreate life as your authentic self
- Step 4 & 5: *Real Self Love Handbook*, a great resource for this work

Q&A: Understanding & Clarifying Imposter Syndrome

- Is it an ongoing process? Depends on inciting event(s), ability to invoke another archetype of personality.
- How to change limiting beliefs? Disprove them, replacing thoughts or experiential feedback.
- How to get unstuck? Meditation, journaling, daily writing.

Resources

- ❖ **Website:** [In8Vitality](#)
- ❖ **Book:** *Real Self Love Handbook, Make Your Mark Global, 2019*
- ❖ **Social:** [Instagram](#); [Dr Andrea Pennington](#); [Facebook](#); [Dr Andrea Pennington](#).



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