

Imposter Syndrome & Work–Life Balance Reflection Worksheet

What is Imposter Syndrome?

The persistent feeling of self-doubt and fear of being exposed as a “fraud”—despite evidence of success or capability.

It can lead to overworking, perfectionism, and burnout, all of which harm work-life balance.

Spot the Signs

Check all that apply to you:

- ☐ I feel like I must work harder than everyone else to prove myself
- ☐ I attribute my success to luck or timing
- ☐ I fear people will “find me out”
- ☐ I downplay praise or accomplishments
- ☐ I avoid asking for help to not look incapable
- ☐ I struggle to say no, even when I’m overwhelmed

Reflect

Answer the following:

What pressure are you putting on yourself that no one else is?

Reframe & Reset

Fill in the blanks with compassionate, empowering language:

“I don’t need to _____ to be worthy of success.”
“It’s okay to _____ without guilt.”
“My value is not based on _____. I am enough.”

Align With Balance

Imposter Syndrome often leads to poor boundaries.

Let’s shift that:

One boundary I will set this week to protect my time or energy:

One thing I will celebrate about myself today:



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