

[FREE CHECKLIST]

# THE SECRET SIGNS OF IMPOSTER SYNDROME

EVERY LAWYER SHOULD KNOW

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# Welcome!

I'm Caroline, Imposter Syndrome Coach for Lawyers who want to progress. I created this checklist to help you spot your Imposter Syndrome and take the first step to getting out of your own way.



## ABOUT ME

I'm a magic-circle trained ex-finance lawyer on a mission to get you more confidence, better balance, more recognition and help you do your day job with more ease.

Imposter Syndrome used to hold me back, but I learned how to make it my strength and use it to achieve my goals. I'm here to show you how you can too.

You may already know about the classic signs of Imposter Syndrome:

- feeling like a fraud
- thinking your success is down to luck and
- thinking any minute now, you're going to be found out.

If any of these strike a cord, you definitely have Imposter Syndrome.

If they don't, sit tight! There is more to Imposter Syndrome than feeling like a fraud. There are lots of behaviours commonly displayed by lawyers, that are driven by the same fears that characterise Imposter Syndrome. I call these the 'Secret Signs'. Use the checklist below to discover how many apply to you.

*Caroline*

# THE SECRET SIGNS OF IMPOSTER SYNDROME

## OVERWORKING

- you labour over emails
  - you excessively check your work
  - you don't delegate
  - you delegate, but you still do it all yourself
  - you don't set boundaries
  - you never finish a task, you just run out of time
  - you under-record your hours
  - you try to make everything perfect
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## OVERTHINKING

- you worry others will think less of you
- you worry you'll let everyone down
- you worry you'll be struck off
- you get caught up in all or nothing thinking
- you worry about how you'll cope
- you worry you won't know the answer
- you spin in indecision and confusion

## SELF SABOTAGE

- you beat yourself up over one mistake
- you're haunted by a past failure
- you think you're only as good as your last deal
- you're too afraid to ask for feedback

# THE SECRET SIGNS OF IMPOSTER SYNDROME

## SELF SABOTAGE CONT.

- you make negative feedback mean something about you
  - always comparing yourself to others (and coming up short)
  - you obsess over the smallest failure (ignoring your successes)
  - you think your latest promotion doesn't count
  - you think you're less of an achiever than you used to be
  - your euphoria over a promotion quickly turns to anxiety
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## PLAYING SMALL

- you hide from opportunities
- you turn down opportunities (you're never qualified enough)
- you keep your head down and stay in the weeds
- you don't network
- you network, but only with people you know
- you attend virtual events but keep your camera off
- You're fear of being 'that person' stops you showing value
- you don't speak up in meetings
- you tell yourself you don't want to be partner
- you keep your successes and achievements to yourself
- no-one knows you (and you want it to stay that way)
- you let others take credit for your work
- you resist new behaviours claiming they are not who you are



# READY TO LEARN MORE?

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## How many of the Secret Signs do you recognise?

The more boxes you checked, the more likely it is you have Imposter Syndrome. Here's how you know it's holding you back:

- it feels like all you ever do is work
- you feel constantly anxious and stressed
- you're not getting the recognition you deserve
- your confidence never grows (no matter how much you achieve)

Now for the good news! It doesn't have to be like this. There's a way to have better balance, more confidence, get more recognition and do your day to day job with more ease. Book a free call with me using the button below and I will show you how. (Lawyers only).

[SCHEDULE A FREE CALL](#)