



# 5 Steps to Reframe Your Self-Talk

Being a successful freelancer doesn't mean you never have moments of questioning yourself. Overcoming an imposter mindset helps you earn trust, build credibility, and achieve more – without the stress of being your own worst critic.

01

**Map out your value:** Create a personal performance review. Write down every big and small win or accomplishment and put it in a place where you'll see it all the time.

02

**Call on your hype squad:** Make a list of your go-to people when you need to bounce an idea, assess a difficult situation, or practice new business pitches.

03

**Embrace An Alter-Ego:** What would it look like if you were the most powerful version of yourself? Tap into that side to strategically advocate for yourself and own your success.

04

**Practice New Skills:** Identify an area where improving would boost your confidence. Take a class, join a professional organization or volunteer for low-pressure opportunities where you can learn and rehearse in a safe environment.

05

**Pay It Forward:** Sharing how you've handled challenges throughout your career will serve as a reminder of how far you've come, instead of focusing on where you think you're lacking.

Copyright Jennifer Lemmert LLC 2023.

Do not reproduce or distribute without permission.

Want to learn more? Connect with me!