



Career Confidence Quiz: Overcoming Imposter Syndrome

Take this quick quiz to assess where you stand in terms of career confidence and learn strategies to build a stronger sense of self-assurance at work.

1. When you receive praise for your work, how do you feel?

- A. I usually think they're just being nice.
- B. I feel good, but I often attribute it to luck or external factors.
- C. I acknowledge it as a reflection of my skills and hard work.

2. How do you approach new challenges at work?

- A. I feel overwhelmed and worry I won't be able to succeed.
- B. I take them on but secretly feel anxious about my abilities.
- C. I see challenges as opportunities to grow and learn.

3. How do you react to making a mistake?

- A. I dwell on it and feel like I've failed completely.
- B. I feel bad initially but try to move on.
- C. I see mistakes as a chance to improve and grow.

4. When comparing yourself to colleagues, you typically think:

- A. They're way more competent and accomplished than I am.
- B. I sometimes feel inadequate but try to focus on my strengths.
- C. I appreciate their skills while recognising my own value.

5. When someone asks for your input or advice at work, what's your reaction?

- A. I feel like I don't know enough and worry I'll give the wrong answer.
- B. I answer but often second-guess myself afterward.
- C. I feel confident sharing my expertise and experience.

6. How do you feel about your accomplishments?

- A. I downplay them and feel like anyone could have achieved the same.
- B. I'm proud of them but often feel they're not a big deal.
- C. I take pride in my accomplishments and see them as a testament to my skills.



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Results and What to Do Next

Mostly A's: Building Self-Awareness and Confidence

You might frequently struggle with imposter syndrome, often doubting your abilities and feeling like you don't deserve your achievements. This can hold you back from taking risks or recognising your worth.

Tips for Improvement:

- **Track Your Wins:** Keep a journal of your accomplishments, big or small. Reviewing them regularly will help reinforce your sense of competence.
- **Reframe Your Inner Dialogue:** Challenge negative thoughts by replacing them with affirmations like, "I am capable and deserving of my success."
- **Seek Feedback:** Ask colleagues or mentors for feedback to get a clearer picture of your strengths.

Mostly B's: Strengthening Your Belief in Yourself

You may occasionally feel uncertain or anxious about your abilities, especially in new or high-pressure situations. However, you recognise your strengths and are working toward greater confidence.

Tips for Improvement:

- **Practice Self-Compassion:** Remind yourself that perfection isn't the goal and that growth comes from learning through challenges.
- **Celebrate Your Wins:** Don't brush off your accomplishments. Take time to acknowledge and appreciate your efforts.
- **Push Yourself:** Take on new challenges, even if they feel intimidating. Each success will help build your confidence.



SARAH BRYER

Illuminate Your Career
& Boost Your Confidence

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Mostly C's: Confident and Grounded

You have a strong sense of self-belief and are comfortable acknowledging your strengths. While occasional doubts might arise, they don't define your perception of yourself.

Tips for Continued Growth:

- **Support Others:** Use your confidence to mentor or support colleagues who might struggle with self-doubt.
- **Set Stretch Goals:** Continue challenging yourself to grow and expand your skills.
- **Stay Reflective:** Keep practicing self-awareness to ensure confidence doesn't turn into complacency.

Key Takeaway

Remember, imposter syndrome is common and often affects high-achievers. By identifying where you stand and actively working on strategies to build your confidence, you'll be better equipped to embrace your accomplishments and thrive in your career.

To get further support:

To get further support on the above including:

- **Creating an impactful CV**
- **Interview Prep**
- **Networking**
- **Negotiating**
- **First 90 Days**

Book a free call here: <https://calendly.com/intro-vert/free30min>

