






# Disrupting IS

*think like a non-imposter*

IS <u>Style</u>	Disruptive Strategy	What would a non-imposter do/say?
<p>The Perfectionist <i>how/how great</i></p> 	<p>separate facts from feelings</p> <p>cultivate self compassion</p>	<p>acknowledge the pattern when it comes up &amp; switch gears: cultivate a mindfulness practice</p> <p>create a list of your unique skills and contributions &amp; review it regularly</p>
<p>The Expert <i>how much</i></p> 	<p>accept praise without qualifiers</p> <p>cultivate a growth mindset aka the power of yet</p>	<p>“everything is an experiment”</p> <p>“I’m still working through this new program but I’m getting there”</p>
<p>The Soloist <i>who/you</i></p> 	<p>celebrate effort &amp; outcome</p> <p>embrace community &amp; transparency</p>	<p>build your team of supporters &amp; like minded colleagues</p> <p>Practice asking for what you need when you need it</p>
<p>The Natural Genius <i>how easy/how fast</i></p> 	<p>reframe your fear as excitement</p>	<p>shut down all negative self talk</p> <p>create a priority task list</p>
<p>The Superhuman <i>how many at once</i></p> 	<p>separate your worth from your performance</p> <p>resist autopilot mode</p>	<p>pause before adding any new project: is it aligned with your priorities?</p> <p>critically evaluate your workload and how it feels &amp; adjust it accordingly</p>

<p><b>What’s my plan?</b></p> <p><i>list 1-3 strategies you will experiment with this month</i></p>