



new perspective
NLP

Overcome Imposter Syndrome

NLP Tip Sheet

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Activate Your Power Language

Keep these on a post it note, your desktop wallpaper, or in your 'notes' app. If you start to hear 'Imposter' narrative or inner critical voice, use these NLP language resets to take it back.

Everyday language	Power Language (Active)	Why it Works
"I'll try to get this to you (or done)."	"I will deliver this to you." Or "I can do this!"	Eliminates the "out" for failure and ensures commitment.
"I'm just checking in..."	"I am following up on..."	Removes the "diminisher" word (just) that shrinks your authority.
"I feel like a fraud but..."	"I feel a stretch AND...(eg looking forward to learning more"	"AND" is a positive which integrates the feeling without negating your capability.
"Why is this so difficult?"	"How can I resolve this?"	Moves the mindset from a "problem loop" to "solution-seeking."
"I have no choice... (how to deal with this)	"I can choose my response..."	You always have the choice in that you can choose your response. This is a way to regain control.

READY TO DESIGN YOUR FUTURE?

Your next chapter begins with the choices you make today.

At New Perspective NLP, we believe meaningful progress comes from aligning your goals, mindset and neurology so that every step forward feels with purpose and achievable.

Now you're ready to understand yourself on a deeper level, break unhelpful patterns and set goals that stick, you know that you're in the right place.

Join **Rod Hahlo** and **New Perspective NLP** as you learn how to re-programme your processes and patterns to overcome the daily barriers blocking you from opportunities, improved habits, and positive actions that offer you long-term success.

Your future isn't something that happens to you...
it's something you design.



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