

Are you an impostor?

Hi! This is Kyeli. We are going to talk about impostor syndrome.

So, if you are doing any work – pretty much at all – but especially if you’re doing world-changing work or heart-based work, you have probably at some point felt like an impostor.

Like you’re guessing, and you don’t really know what you’re doing, and any minute now somebody’s going to figure out that you don’t know what you’re doing. And then the shit’s gonna hit the fan. Game over.

It’s going to be horrible.

{deep breath} Can we breathe that in for just a second? Yeah, let’s have some compassion. Right? {breathe} Of course, of course.

But here’s the thing; I’ve felt that way.

I don’t really know what I’m doing, I’m just making shit up! I’m taking the stuff that I learned and turning it into classes, and presenting it for you, and making video blogs about it.

I didn’t even know how to make video blogs until I started sitting in front of the camera!

Everybody feels like they’re making shit up.

That person that you admire more than anyone else in the world, I guarantee you, at some point in their life, in their career, they felt like an impostor.

Like, “How can this possibly be my job? How can I possibly be teaching these things? Someone is eventually going to figure out that I am making this shit up! And then, it’s over.”

Everybody feels that way. You’re not alone.

And the thing is, that is what makes us real. When you feel like an impostor, it means you’re on the right track.

I know that sounds crazy, and probably counter-intuitive, but it’s totally true!

Because when you feel like an impostor, it means that you’re not so caught up in your own ego that you think you have all the answers, and you think you know everything there is to know, and you’re just going to stop learning because you’ve got it down and you’re amazing.

Now, I would say that you're definitely amazing. Full stop.

And, you also sometimes feel like an impostor, and that's ok. That's ok, we all do, we all feel like an impostor.

I mean, Pace, who knows everything ever and is the smartest person? She feels like an impostor sometimes, "How can this possibly be her job, and how can she really be teaching all this stuff?"

It comes from our hearts, and our hearts are these powerful magnificent core of our being. And sometimes, our heads are like, "Ok {laughs} let's just take a little break here and think about what we're doing, and have some reality check and some real-ness injected into this woo-woo craziness."

And our hearts, they know. They know what we need to do, and they know what we need to teach and what we need to say, and where we need to go.

Let me tell you, checking in with your heart on a regular basis, really helps alleviate impostor syndrome.

Because it doesn't give your brain anything to sink its vicious little brain hooks into. Your heart just says, "You know, I got it. I got it."

And being whole-hearted and embracing the wild and craziness of being whole-hearted – which is very wild and crazy – makes your life so much more meaningful, and really takes the edge off, and helps quiet that feeling of being an impostor.

But like I said, when you get impostor syndrome it means you're on the right track, because it means that your ego is giving you a reality check, and you can sync up and breathe, breathe, breathe. And take it in, and check, "do I know what I'm doing? Let me find out."

And check in with your heart, "hey heart, do I know what I'm doing?"

'Cause you're going to get a yes. Because your heart really knows.

So the next time that you feel like you don't know what you're doing, and that any minute now somebody's going to figure that out and then it's all over, take a deep breath and give yourself some compassion.

You know, "I hear that I don't feel like I know what I'm doing, so let's check in."

And then check in with your heart, "Hey heart, hey spirit, do I know what I'm doing? Am I on the right track?"

And just breathe that in, and let that guide you and be your shining light.

And don't let impostor syndrome shake you out of doing the amazing, amazing work that you need to do in this world.

Because we all feel like impostors sometime.

So yeah, that's my challenge to you; the next time you feel like you don't know what you're doing, acknowledge, give your brain some love – because your brain is there to protect you – take a deep breath, check in with your heart.

And I bet you'll find that you actually really know a lot more than you're giving yourself credit for.

And let me know how it goes!

{blows kiss} Take care.

xo
Kyeli