MAYO CLINIC

The Human Optimization Project
Pod-Club

E55 Overcoming Self Doubt and Imposter Syndrome

Discussion Questions for this Episode:

1. The podcast distinguishes between imposter syndrome (high competence, low confidence) and low self-confidence (global lack of belief in ability). Think about a time when you experienced one versus the other. How did your actions or feelings differ in those situations?

2. Cade mentions the Dunning-Kruger effect as the opposite of imposter syndrome (low competence, high confidence). How might recognizing both imposter syndrome and the Dunning-Kruger effect help us achieve a more balanced and realistic self-assessment?

3. The discussion highlights the "cycle of imposter syndrome" – a trigger event leading to anxiety, overwork or procrastination, success, and then explaining that success away. Think about a time when you experienced this cycle. What was the most challenging aspect for you?

4. The speakers discuss how environmental factors, such as work culture or societal pressures (like social media's "highlight reels"), can exacerbate imposter syndrome. What specific aspects of your current environment might be contributing to feelings of self-doubt? What is one way you might address this?

5. Cade shares a personal story about presenting to a CEO at 28, realizing he should "stay in his zone of expertise." Consider your own "zone of expertise." What helps you feel comfortable sharing what you don't know in professional or personal settings?

6. The idea of "confident humility" is introduced, emphasizing the ability to say "I don't know" while still being confident in one's ability to learn. How can you practice this balance in your daily interactions?

7. The podcast suggests that imposter syndrome is a "universal experience" and that "everybody else is doing it." How does knowing this change how

you interact with others who might be experiencing imposter syndrome?

8. Cade shares his "keepers file" of positive emails and notes. What is one tangible way you could start collecting and revisiting evidence of your own successes and positive impact to combat imposter syndrome?