

# BLOG POSTS

## 7 Tips to Overcome Imposter Syndrome

Have you ever felt like you don't belong, or that everyone will find out that you don't deserve any of your achievements?

If you can relate to those feelings of chronic self-doubt, you've probably experienced your fair share of imposter syndrome.

But guess what? You're not alone - **studies suggest 70% of people experience imposter syndrome at some point in their careers.**

Imposter syndrome stems from a high sense of self-doubt, so instead of attributing your success to your skills, you might downplay it and attribute it to luck.

### Signs You Might Be Suffering from Imposter Syndrome

**Do you relate to any of these patterns?**

- **Perfectionism.** You may set high goals for yourself. Because your goal is perfection, **the smallest mistakes may make you feel like a failure.**
- **Attribute success to luck.** You downplay your success because you don't think you deserve the success, or you believe you're just lucky.
- **Unable to recognize success.** Instead of celebrating your accomplishments, you worry others will see "the truth" about your skills and abilities.
- **Fear of failure.** Because of a fear of failure, you may set challenging goals and be disappointed when those goals fail. You might also take on limited tasks because you fear failure.
- **Difficulty asking for help.** You might have difficulty asking for help because you believe asking for help will show that you're wrong or unqualified.

Experiencing imposter syndrome can limit your confidence to go after new opportunities because you feel you don't deserve them.

**Luckily, there are some steps you can take to give yourself more credit and start overcoming those feelings of self-doubt.**

## **Steps to Overcome Imposter Syndrome**

1. **Acknowledge imposter feelings.** Recognize when you start feeling like an imposter. Instead of engaging with your thoughts of self-doubt, acknowledge that it's a normal response.
2. **Understand the root of the cause.** Why do you think you feel like you don't belong? Is it due to a fear of failure? Do you think you don't deserve success? Why or why not?
3. **Focus on facts, not feelings.** When you start feeling like a fraud, focus on positive facts. For example, maybe you were chosen for a job interview because of your qualifications.
4. **Ask yourself if that thought helps or hinders you.** Does feeling fraudulent help or hinder you? Is that what you want to be? What kind of person do you want to be?
5. **Reframe your thoughts.** Instead of telling yourself that you don't deserve success, **reframe your thoughts to give yourself more credit and enjoy the experience.**
  - **Own your accomplishments** instead of attributing them to "luck" or "help from others."
  - Instead of setting impossibly high standards, set smaller goals so you can enjoy the process.
  - Remind yourself that there will never be the "perfect time."
  - Accept that we all have to start somewhere.
6. **Accept that it's okay to make mistakes.** Instead of fearing failure, develop a healthy response to making mistakes. Accept that it's normal to make mistakes and learn from each one instead.

7. **Reach out for support.** Having a safe space to receive support will help reduce feelings of being an imposter. When you feel imperfect, make a mistake, or receive a compliment, your first instinct may be to hide. Instead, contact an encouraging mentor, coach, or colleague for support.

- Say “thank you” when you receive a compliment.
- Practice being honest when you feel imperfect, embarrassed, or have made a mistake.
- Share and celebrate your achievements and successes.

Imposter syndrome can make you feel like you’re not good enough, don’t belong, or are undeserving. **It’s important to remind yourself that learning and making mistakes don’t make you a fraud - it makes you human.**

Instead of doubting yourself, take the above steps to build your self-esteem and self-worth.

# Why maximalism is the boldest decor style out there

*Written by Imani Sumter*

When you use the word "maximum," you usually are describing something to the highest degree.

That's where maximalism was born.

Maximalism decor is the boldest of all styles, used to show off your unique personality and vivid passions.

*But what exactly would be considered maximalism, and where did it originate?*

Think *The Great Gatsby*, but bolder and more modernized.

You might think this style is just starting to become popular, but that couldn't be further from the truth. Everything starts somewhere, and this bold style has derived from centuries and centuries of unique personalities. Some of the earliest signs of maximalism have even been showcased in the Victorian era.

The best thing about maximalism is that not every design is the same, and each decor choice is as unique as the person behind the decisions. Just because it's unique to you, though, doesn't mean you can throw pieces together and that be it. You must be intentional with every furniture choice, placement, pattern, and color.

Sure the key word here is "max," but don't max out the amount of space you have, leaving no room to sit back, relax, and enjoy what you've put together. This would just be considered clutter.

Basically, you have to be the exact *opposite* of basic when choosing pieces to display.

### *Leave no wall untouched.*

With maximalism, you need to cover every empty wall space you see. You can use huge, bold art pieces, pictures, wallpaper, and whatever you find that's cohesive to your overall design. Another good way to boldly show off your wall is to use one of our beautiful window designs. My favorites are the [90-degree corner windows](#) in the Pinnacle Clad design. What's bolder than a full glass view to showcase your surrounding beauty?

### *Have two or three centerpieces, then build around them.*

Centerpieces aren't just the items you place in the middle of a coffee or dining table. They can be two or three significant pieces of furniture like a couch, a vibrant area rug with astonishing patterns, or even just an art piece. You then build everything else around these, making sure to stay true to the color palettes and you.

### *Choose the boldest and most vibrant color palette that still sticks to who you are at your core.*

Choosing a color palette can be daunting because there're so many choices. To achieve ultimate maximalism status, your preferred colors must stick to a bold and vibrant theme. It can be as overly or underly colorful as you want, as long as you add color.

### *Don't be shy. Make your space shine!*

When I say shine, I don't mean just lamps or other lighting. This is where metals like Gold and Aluminum are your friend. A gold coffee table with a glass surface would be gorgeous or consider a couch with aluminum legs that glisten when the sun hits them just right.

Get creative! As I've said, maximalism reflects who you are at your core and your passions, so as long as you stick true to yourself boldly and vibrantly, your space will look amazing.

# Welcome Email Sequence – 6 emails

## **Email #1**

**Subject:** When are you finally going to save YOU?

**Body:**

Hey girl,

Superwoman syndrome is when your life is fueled by the desire to “have it all together”. So many women get called Superwoman or Supermom and don’t realize that it actually affects their health, future, goals, and everyday life.

If you’ve experienced this before, then you know how overwhelming, exhausting, and stressful it can be. Stop sacrificing your sanity and showing up for people who are more than capable of doing things on their own.

Listen to this podcast episode, where I go over how not to be a superwoman and let go of that cape! You can listen [HERE](#) or through the link below.

<https://podcasts.apple.com/tt/podcast/how-to-not-be-a-superwomen-tahauya/id1443970723?i=1000544007144>

You’ve been saving others for long enough. It’s time for you to save yourself.

[SIGNATURE]

## **Email #2**

**Subject:** You really love people, huh?

**Body:**

Hey girl,

People pleasers are those who can never say no, strive to keep everyone happy, and put others' needs before their own. Does this sound like you?

We, as women, tend to trade our time for external validation from others because we don't trust ourselves or were taught to put the needs of others before ours. This leads to us constantly neglecting ourselves, our voices, and our dreams.

Here are some ways you can stop people pleasing and put *you* first:

- **Focus on people that align with who you are.** There will be people you meet who will like you from the jump. Focus on building authentic relationships with them instead of people who don't like you
- **Put your own happiness first.** Stop worrying about other people's happiness and focus on yourself. If saying yes doesn't make you happy, then don't say yes!
- **Get comfortable saying no.** Learn to pause and give yourself time to think before giving an automatic yes. Tell people that you need time to decide.

Don't let people pleasing mess with your happiness. Practice these tips and notice a difference in your life once you start putting yourself first.

[SIGNATURE]

### **Email #3**

**Subject:** Feeling the pressure to be perfect?

#### **Body:**

Hey girl,

Striving to be perfect is setting yourself up for failure. When you work towards being perfect, you set unrealistic expectations on yourself. This causes you to feel that you're never good enough and hinder your growth.

You pressure yourself to be something that is an illusion.

Perfectionism holds you back from reaching your goals because you want everything to be perfect when it's just impossible. Stop killing your productivity and start enjoying the process.

Instead of striving to be perfect, persevere through all obstacles and setbacks. When you persevere, you keep going despite how many "no's" you hear or how many mistakes you make. You continue to work hard until you start to see some success.



Remember that perseverance can be a strain of success, not perfectionism.

[SIGNATURE]

#### **Email #4**

**Subject:** Your mama lied to you...

#### **Body:**

Hey girl,

Some of the things you learned growing up could hinder you from completing important life developments. Sometimes, you need to unlearn to relearn in order to continue becoming the person you are today.

Things you may have learned in the past no longer serve you now, and those beliefs and mindsets can't be taken with you as you move onto the next level.

Let them go!

Your thoughts control your beliefs, which control your:

Emotions → Actions → Habits → Destiny.

It's okay if you disagree with what your mom taught you growing up and forge your own path with your beliefs and opinions. Don't let mama deter you from doing this, either!

Let go of past beliefs so you can move on with your future.

[SIGNATURE]

#### **Email #5**

**Subject:** I won't let this happen to you

**Body:**

Hey girl,

You deserve a lighter load, less stress, and the ability to live a peaceful life without limits. You're trying your best to "do it all" because that's what you saw the women in your family do with a smile when you were growing up, but it's time to put down your cape and pick up your power.

After spending 20 years trying to achieve my way out of trauma, becoming a perfectionist to make my absent father proud, and wanting to take my own life due to the world's weight on my shoulders...I realized I no longer wanted to save others before saving myself.

I reached a point where I was sick of being the "token black girl" and tired of living as the go-to person for everyone around me. While battling depression, I finally realized that I could no longer use my degrees and certificates to fill the voids I had in life OR handle everything independently without breaking myself down.

This is why I created the Saving Superwoman Academy. With the CAPE curriculum, we focus on developing ones:

- Character
- Communication
- Clarity
- Confidence
- Courage

And we do this all in one program!

Sign up for the Saving Superwoman Academy [HERE](#) or through the link below and hang up your cape!

[tahauyajackson.com/ssaapp](http://tahauyajackson.com/ssaapp)

[SIGNATURE]

**Email #6**

**Subject:** You have too much on your plate – send it back!

**Body:**

Hey girl,

To live a limitless life, it's time to lighten your load. It's time to make room for what God has planned for you and stop filling your capacity!

You tend to become overwhelmed because you've piled on so many responsibilities and tasks, that you feel you don't have enough time in the day to complete them all.

But that's where you're wrong. You don't need more time, you need more YOU. You need to gain the confidence and mindset to finally put YOU back at the top of your to-do list.

With my Saving Superwoman Academy, I help you achieve just that, plus a lot extra!

You'll:

- Learn the CAPE curriculum
- Be a part of a private Facebook Community
- Have 1:1 calls and check-ins
- Have access to resource guides and scripts

Plus, so much more!

Sign up for the Saving Superwoman Academy [HERE](#) or through the link below and hang up your cape!

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