

Embody

The Fraud	The Aligned Confident One/Authentic Enoughness	The Overly Confident One
I can't do anything right	There are so many things I do well and right, and also some things I make mistakes on. I'm not expected to be perfect.	Everything I do is perfect
I don't know anything	I know enough and will learn more as I need to.	I know everything
I'm always wrong		I'm always right
Everything about that coaching session sucked; the client hated it	I did X, Y, and Z well in that coaching session, and while there are some things I'd do differently next time, I know my client got what she needed.	I always nail every little last thing of every last session
I still need more and more and more practice	I absolutely have enough practice to take action, and as I am ready, I will practice more and more.	I don't need any improvement at all
I can't put out that marketing because the marketing isn't good enough and I'm not good enough	The marketing is not perfect, but it's good enough to put out. And I'll continue to work on the next one.	I'm so good that all I need is to put out 1 or 2 emails or posts and the program will be filled