

## **Successful “Frauds”**

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Many of the gifted professionals I work with have this little worried heckler in their heads who accuses them of being frauds. The little worried heckler cleverly uses the first-person and says things like:

***“If people really knew how I (worried, lost sleep, flew by the seat of my pants or wasn’t as sure as I looked), they’d know I was an unqualified fraud.”***

When I hear that little worried heckler in the background, it’s usually coming from a strong person who is initiating or navigating some important growth. And what I know about our little worried hecklers (mine too) is that they are big fans of the status quo, and not of movement and risk.

When I hear that voice, I help my clients to:

- *Pay attention. When and how does that voice get active?*
- *Remember that they don’t have to argue with it.*
- *Remember what’s true and real.*
- *Remember that they are on a path and that they have options about their next steps.*

*Bottom line, if you’ve been hearing from your heckler lately you’re probably growing, so stay aware, stay supported and keep moving forward.*