

# Imposter Buster

Evidence Log · Daniel Ting

Each time you receive positive feedback, complete a meaningful task, hit a metric, or do something you are quietly proud of — log it here. Date each entry. When the imposter voice is loud, open this page and read it slowly. Let the facts speak louder than the feeling.

|   |                                                                                                                                                     |
|---|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| 1 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 2 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 3 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 4 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 5 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 6 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |
| 7 | <div>DATE: <input type="text"/></div> <div>WHAT I DID OR RECEIVED:<br/><input type="text"/><br/><input type="text"/><br/><input type="text"/></div> |

# Imposter Buster

Evidence Log continued · Daniel Ting

|    |                                                    |
|----|----------------------------------------------------|
| 8  | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 9  | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 10 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 11 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 12 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 13 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 14 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |
| 15 | DATE: _____                                        |
|    | WHAT I DID OR RECEIVED:<br>_____<br>_____<br>_____ |

Continue this log in a notebook or notes app. The goal is not a long list — it is a true one.