



## Episode #25: Facing your inner critic, with Dr. Katie Ford

Dr. Katie Ford is a veterinarian, public speaker and coach. (<https://www.katiefordvet.com>) Katie faced some dark times earlier in her career when, despite all of the evidence pointing to a highly successful career, she was constantly plagued by feelings of being a fraud who could never be good enough. She was at the mercy of her perfectionist imposter brain, but with the power of mindset, consciousness and an understanding of the internal workings of her brain, Katie turned her life around.

### What will I learn in this episode?

What is imposter syndrome? Is it a mental health problem?

Learn about 'The Script' - that voice of self doubt and criticism in your head. Where does it come from, what it will do to you if you're not aware of it, and what you can do about it?

How to deal with those problems that you can't stop worrying about.

Neuroplasticity: the power of visualisation.

### One thing to remember: how to deal with worry about seemingly insurmountable problems.

Ask yourself the following questions:

- If that thing that I'm worried about happens, would I be able to deal with it? What are the things I could do? What would my first step be?
- Could I possibly be wrong in my presumptions of all the bad things I think will happen? What if something good happens?
- Will this matter in 5 years' time?

And if you still find yourself stuck in a pattern of worry: **change your state** - get outside, get moving, do some excessive and get your heart pumping and those feel-good hormones flowing.

### Dr. Katie says:

"What you give energy to grows. What you resist persists." and.. "To externalise is to minimise."

### Dr. Katie's favourite podcasts

The Garyvee Experience. <https://www.garyvaynerchuk.com/podcast/> & The Ed Mylett Show. <https://www.edmylett.com/podcasts/>

Impact School, with Lauren Tickner. <https://podcasts.apple.com/au/podcast/impact-school-entrepreneurship-online-business-lauren/id1396015659>