

# The SUCCESSFUL Sensitive

## 9 Lesser Known HSP Traits

- We are very affected by our environment and aesthetics
- We tend to be people pleasers
- We can be perfectionists
- We hold ourselves back due to Imposter Syndrome
- We research the heck out of everything and still have trouble making a decision (due to decision fatigue)
- We procrastinate but it's often "productive procrastination"
- We are way harder on ourselves than on other people (HSP's tend to give everyone else a pass)
- We are over-thinkers with a tendency to worry too much
- We sometimes feel like there is something wrong with us, as if there is a rule book for life that we never received