

Creative Confidence Workbook Preview

By Amber Kane

What Creativity is and what it isn't

creativity is important

creativity is a legitimate career path

creativity is painting, drawing and basket weaving, it's also a part of everything around you

creativity is what creates new jobs

creativity solves problems

creativity asks questions and challenges social norms

creativity is hard

creativity must be practiced

creativity can be taught

creativity is for everyone

creativity is not a direct path to misery, starvation, and homelessness

creativity cannot easily be tested on a standardized test, but it can be tracked and assessed

creativity is not a waste of time

creativity is for people of all
intelligence levels

creativity can be relearned

creativity is not less important than
reading, writing and math

and creativity is not important
because of it's connection to
reading, writing and math

While I've been a maker my entire life, it was not until I began teaching creativity that I began to understand it. And it was not until I studied my own creative process that I was set free to truly create.

in school we learn how not to be creative, we get in trouble for daydreaming and doodling, and we're always searching for the right answer, with little room for error.

you're rewarded if you color inside the lines, follow the directions, and are neat and tidy.

These messages make it difficult to be a creative adult, as in order to do so , you must have such a strong desire to create that you are willing to go against the system, you are willing to get it wrong, to make mistakes, and to color like you don't even know that the lines are there.

To be creative you must be willing to:
challenge the system
get the answer wrong
ignore the line

The fact that you aren't creating has nothing to do with your talent or your time, it has everything to do with your fear.

You're afraid of failure, that you aren't good enough, that it won't work, that someone will laugh, that people won't get it.

You also aren't creating because it's always at the bottom of your to do list, which means that it's always getting bumped by other things. This needs to stop.

You're here because you want to live a more creative life, so let's first determine what a creative life is. What does it feel like, what does it look like.



**doubt is part of the
creative process.**

When you hear the word creative write down the first 10 words that come to mind.
Really don't think too hard, just write.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

When you hear the word art, write down the first 10 words that come to mind.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now go back and look over your words, circle the ones that really ring true for you, and fill in the following sentence.

The word creative means to me:

The word art means to me:

What's holding you back?

Most people are held back from making their best work not because they don't have the ability, but because they lack the confidence to do so. Making art can be painful, as good art is made outside of our comfort zone. It asks us to be vulnerable, it begs for us to go where we have never gone, and requires us to challenge the world around us.

Confidence means different things to different people, and you'll find that you have your own understanding of what makes you feel confident. We're first going to find out what those things are and then look at how you can bring more of that into your life.

what's holding you back: read over the
statements below and circle those that resonate
with you.

i believe that i'm creative

i'm able to tell other people that i'm creative

when people tell me that i'm creative i say thank you

when people tell me that i'm creative, i respond that I'm not

when people tell me that i'm creative , i'm embarrassed

people tell me that they wish that they were as creative as me.

i spend time creating everyday

i spend time creating once a week

i spend time creating once a month

i think about creating, but i never have time

i think about creating, but i don't have the supplies or the talent to create what i want to

i think about creating often, but i can't seem to start

when i create something i never finish it

i almost always finish what i start

i finish the projects that i start and i share them with my friends and family

i'm very uncomfortable with the idea of charging money for the things that i create

i charge money for what i make, but i'm just trying to cover the cost of my supplies

the thought of charging more than \$50 for something that I create makes me uncomfortable

i want to make money from selling my art, but no one can make money from selling art

i have an idea of something to make, but i'm sure that someone else has already done it

i don't share my work on any social media platforms because i'm afraid that someone else is going to steal my ideas

i believe that my work adds value to the world

i believe that my work is worth more than i charge

i wish that i could spend more time creating, but something else always comes up

i call myself an artist

when people ask me what i do , i boldly tell them that i'm an artist, designer, writer

when people ask me what I do , i quietly tell them that i sort of makes things, but it's just for fun, and it's just on the side

Like many of you, when I look back on my life I don't remember a time that I wasn't creative. As a child my days were filled, experimenting, drawing, creating and teaching, that's just what I was drawn to. My parents and friends supported me, and i was often told that I was great drawer and talented artist, which was wonderful fuel to my young creative fire.


While studying art in college, i no longer felt good enough. there were students in my class that were far more talented than i, and for the first time i was really struggling. i wasn't so sure that i was good at art anymore. i lost my confidence, and with that i lost my voice.

while working on my senior show, i worked for 8 hours a day, alone, weaving, playfully

creating, and wonderful things started to happen. my work was good, it was interested, and once again i was getting great feedback. i surprised my professors, i surprised myself.

creating after college is a journey back to the freedom of creating like a child. the freedom of making because you don't know any better, or being playful, of making mistakes and knowing that it's okay.

While i , just like any artist, still have my days where I feel that I'm not good enough, have conversations where I have trouble telling people that i'm an artist. the journey to becoming confident in my work again, allowed both the work and myself to grow.



**It takes courage to grow
up and become who you
really are.**

EE Cummings

It's time to tell your creativity story. Look back at your life, think about when you felt the most creative, the things that people said to you about being creative, and how it felt. See if you can pinpoint that time in your life when you went from feeling great about creating, to thinking that you weren't good enough.