

SAY IT WITH YOUR CHEST WORKSHEET

Write your own review and then say it out loud

Part of gaining creative confidence comes from the way in which we portray ourselves. For this activity, spend a few minutes thinking about what your dream career/job would be. Now imagine that you are 5 or even 10 years down the line after starting your dream role and you've made the front page news. What does the headline say? Write this down in your notebook or cut words out from a newspaper and stick them on this activity sheet. Add a sub-header to the headline and a few sentences as a blurb, describing more about your work and what you've achieved.

STICK YOUR HEADLINE HERE

ADD YOUR SUBHEADER HERE

Write your blurb here

Ok, now you are going to take a confident posture or stance. This can be standing or seated, whichever is more comfortable/possible for you. Find a quiet place with no one around so you feel completely free of watching eyes. Roll your shoulders back, keep your chin up and say your headline out loud to an imaginary audience. Now repeat the same process with your subheading. It might feel funny at first, but once you've done this a few times you'll start to notice how differently you start to talk about yourself. Read out the blurb in the same way. Once you start to feel more confident in saying it out loud, put the whole thing together and say it with pride!

I CREATE BECAUSE ... WORKSHEET

1.

It is common to feel a sense of fear around our creative work because it is so linked to who we are and is often an expression of ourselves. It is also common to compare ourselves to other creatives, which can add to feelings of self doubt. These two exercises are all about tuning in to you; why do you create and how can you focus on comparing yourself to your past work only?

Once you start to think in this way, you should feel less concerned about how other people are viewing your work, be less judgemental on your own progress and rediscover your love of creating. Use the space on the right, or complete the following sentence in your notebook:

I create because...

2.

The second part of this activity is to choose a piece of your past work, be sure to choose something that you made some time ago. Take some time to reflect on what you do and don't like about it. If you have time, it can be a really good exercise to recreate the piece. This helps you see just how much you have progressed and is also a good way to learn from your past mistakes.