

SKILL Share.

Unlocking Your Potential: 5 Exercises to Build Creative Confidence *with Emma Gannon*

CLASS WORKSHEETS



Exercise One: Identify Your Patterns

This first exercise is all about realizing we're not the only ones standing in our own way. Look at the landscape and think about the things that make your self-sabotage worse. Cut out those negative voices, so you're starting from a good place.

1. Journal Your Day

Spend a day monitoring exactly what makes you feel down, jotting it down or making a mental note. The more detailed, the better.

2. Notice Your Patterns

Pay attention to what makes you feel excited, and what makes you doubt yourself. List three "highs" and three "lows" from your day, and what you were doing during each:

I feel energized when:	I feel drained when:

Not sure? Track a few more days, or a week, to see if patterns start to emerge.

3. Neutralize Negativity

Minimize negative voices that drain your energy to make space for the things that make you feel good. Use the space below to brainstorm:

What will you do more of, and how?
What will you mute or minimize, and how?

Exercise Two: Overcome Perfectionism

Rather than creating one perfect thing, success is actually a series of small failures that lead you somewhere better than you could have imagined. The practice of sharing imperfect work builds up resilience, your ability to handle fear, and your comfort dealing with and learning from the truth.

1. Pick a Piece

Pick a piece of your work that's not perfect. It should be far enough along that all the pieces are there, but not final or polished.

2. Share Your Piece

Share your imperfect piece with three people, framing as an exercise for a class or request for feedback. For a range of perspectives, choose one person who falls into each category below:

	Name:	Feedback:
A professional in your industry		
A friend		
A colleague or potential collaborator		

3. Collect Feedback

Jot down their feedback, positive and constructive, above. And even more importantly—celebrate this small victory over perfectionism! What did you learn from realizing it's not that bad to send something that isn't perfect? Make a note below, and then share your experience on the class discussion board.

Exercise Three: Beat Procrastination

Imagine waking up tomorrow knowing that you got *that thing* done. You have the power to make this happen. Do the thing you're dreading the most first—it will kickstart your momentum, and release endorphins that make everything else seem that much more doable.

1. The Project

In the space below, write down the task or project that overwhelms you most:

2. The Worst Case Scenario

Now, write out the “worst case scenario” of that task—the thing that’s so big or overwhelming it doesn’t seem possible:

3. The Easiest Version

Now, write out the very simplest version of that task, the version that might not be perfect but is totally enough to “count”:

4. Take Action

Do the simplest version right now. Really, right now! Now that you’ve started, the worst is over. From here, you can move on or face the next step of your project without fear.

Exercise Four: Silence Your Inner Critic

The inner critic is a list of negative talk that we think about ourselves before even anyone else has said it. Write down your anxious thoughts to get perspective on them, and ultimately silence that voice.

1. Write Your Anxious Thoughts

The simple act of putting your thoughts on paper is powerful. Using a journal, paper, or the space below, write down your doubts, fears, or anxieties about your creative practice or project. There's no thought too big or too small:

2. Read Them Out Loud

Speak your thoughts out loud to realize how ridiculous they sound! How would you respond to your friend or your younger self, if they expressed the same doubts? Write that response below:

3. Let Them Go

Now that you've identified these thoughts, let them go—rip them up, recycle them, use them in an art project! Try one day of not speaking negatively to yourself. What was it like? Share on the class discussion board.

Exercise Five: Embrace Self-Promotion

Self-promotion is a key part of generating new work—remember, it's a business move, not an ego move. Plus, in today's infinitely connected world, you never know who might stumble across your work. With so many millions of people online, even if you only reach a tiny percentage, you can be significant. This final exercise is all about tapping into your optimism.

1. Promote Your Project

Share the thing you're working on and write about it as if you're telling your best friend. You wouldn't brag or boast to them (bragging isn't the point of self-promotion). Instead, feel confident framing it more like, *"Hey, I worked on this cool thing that I'm proud of, and I want to tell you about it."*

You can share in the class project gallery, on your social channels, or next time you see your friends. Feel free to use the space below to work out your script or description:
