



THE FOURTH CORNERSTONE OF CREATIVITY

Confidence: Having Faith in Yourself

Confidence in your creative abilities is strengthened when you try something new and feel good about the outcome.

Confidence can be strengthened over time with consistent practice, but many of us lack confidence when we compare ourselves to others. It's hard to dismantle the conditioned belief that we aren't as creative as other people we know, and that keeps us from trying the very things that might help us feel more confident. In a sense we sell ourselves out by limiting what we are willing to try or learn, because we don't believe we can be any good at whatever it is, so why even make the attempt?

Review the Cornerstones of Creativity. An offshoot of being actively curious is becoming interested in the world, which leads to feeling happier and more engaged. Getting involved in a community – no matter what level of engagement you choose – means you will be encouraged and supported, which gives you the chance to be supportive and encouraging in return. It's IMPORTANT to get the energy going both ways.

Both curiosity and community help lead to greater clarity. Cultivate these three aspects of creativity and you may find that you enjoy parts of your day more than you did in the past. You have things to anticipate. You feel a new sense of confidence – both in terms of how you use your time and resources, and what the outcome will be. You have developed faith in yourself.

Confidence isn't about where to get creative ideas or HOW to be more creative. It's about cultivating a life that looks at EVERYTHING creatively. You can't pigeonhole creativity. It's not about making art or being an artist or a writer or anyone else you presume is more creative than you are. And it doesn't mean you have to be "SERIOUS" to be creative! Being playful, simple and sometimes silly is a good thing when it comes to looking for creative ways to be present in your life. Lighten up!

Remember:

CONFIDENCE IS OPEN-MINDED, NOT JUDGMENTAL, ALWAYS SEEKS UNDERSTANDING AND BRINGS OUT THE PERSONAL BEST IN US AS AN ONGOING PURSUIT.