

MASTERING THE CONCEPT OF CREATIVE CONFIDENCE

Author: Adriano Amui - Published on April 25, 2017, on Linked In

Confidence can be the most influential and powerful element of all in what we create, how often we create, and how bravely we create.

When our self-confidence is high, creating comes freely and abundantly, gushing like a waterfall in the spring thaw. We create every moment we can, and our creative work is bold, daring, experimental, each project building on the momentum and success of the previous one. This confidence in our creativity can't only help but spill over into the rest of our creative life. So we walk with a bounce in our step, feel more sociable, more lovable, more capable, and more alive.

All of this stems from having a high level of self-confidence. Without strong confidence in our creativity, it's a somewhat different picture. We can't get going on any project without feeling everything we do - every sentence, brushstroke, note, stitch or dance step - is weak, off kilter, lackluster, uninspired.

Because of our confidence has more holes in than an old man's vest, we become super critical of every last detail. Instead of gliding through the inevitable quirks, tangents and bumps that occur along the road naturally when we create, we're brought to a sharp stop by the slightest sign that all is not flowing perfectly.

How much creative material and ideas do we feel capable of producing in a given day or for a given project? Some people believe their talents and abilities reside elsewhere. May be their interests revolve around more practical sets of instructions, mechanisms and standards. A route that is there to be followed and never challenged or overlook. But as David Kelley of IDEO tried to convey in his book Creative Confidence, the spark of creativity does exist inside everyone of us. Many everyday factors play a role in the dampening of the innate creative ability of humans. In our human society, where everything from the behaviors, personality and expectations for success are already well mapped out, it becomes a great challenge to develop in more

depth what Kelley calls the creative confidence or, as I understand it, the confidence in our natural ability for creative expression.

We should not think of creativity as that pertaining just to the realm of the arts. All fields need, benefit, rely and gain relevance not in a small part because of the creativity and ingenuity of humans. Creativity is about looking at something; an object, a problem, a situation, from new and original perspectives and finding innovative solutions. We need to embrace our creative consciousness. We need to value our human creative ability. We need to appreciate this ability as part of our everyday lives and take it even farther.

5 Common Reasons Why People Lack Creative Confidence

There are many ways that we can use our creativity to improve our self-confidence. Here are some of the reasons people feel they lack self-confidence in the first place, and how they can be overcome.

1. "I don't know where to start."

People often believe self-confidence is an elusive and difficult thing to have and something that only happens to a fortunate few. The huge availability of books, courses and websites on increasing your self-confidence these days means there's no shortage of information and advice to help us.

2. "I'm not a naturally confident person."

Then become one. We each know what confidence means to us, and have experienced times of feeling confident. By drawing on these experiences and studying and learning from other people we consider to have high levels of self-confidence, we can soon increase our own.

3. "I've never achieved anything worthwhile."

Everyone, if they look closely enough at their lives, can find achievements to be proud of. These can be in all areas of your life - creative achievements, careers, relationships and many others. If you think you can't do this for your own life, why not get together with a friend and write a list of each other's achievements that you're proud of?

4. **"It's too big a task to take on."**

Often the prospect of taking on a large or complex task can shake our self-confidence and raise doubts in our abilities. By simply breaking down the task into smaller, manageable stages, we can increase confidence as we go through and build on the success of completing each step along the way.

5. **"I always make mistakes."**

Mistakes are the most important element of learning and developing. If something does not give you the results you expected, look carefully at what you did well, and the things you maybe could do better if you had to do the task again. By responding in this way, you can build your confidence and ability to grow and learn.

So what can we do? How can we master the concept of creativity confidence?

Here's a proven step for mastering YOUR creative confidence to have a better life, to achieve a new level in your career as an executive or an entrepreneur.

1. **Honor Your Dreams**

It is also important to honor your neglected magnificent dreams and try to make them a reality. If you've always wanted to take drawing lessons, take action now and incorporate this activity in your schedule. Your new engagement will fill you with enthusiasm; your creative exploration may open up new possibilities you had never thought before. Investing in ongoing personal development is both a necessity and an enjoyment; a gift to yourself that will improve your sense of self-worth. What dreams have you ignored? Who says that you can't do it or achieve it? Start questioning the reasons that you have not provided space for your dreams to be expressed. The journey

of any entrepreneur (or for any career) is enriched when you acknowledge where you are "muted" and open the doors to possibilities. It serves you well on the deepest level.

2. Know your creative strengths.

We can't be brilliant at everything we do; there are some things we do better than other things. By identifying our creative strengths, we can then focus on these during times when our confidence is lower, and they will help pull us through more quickly and surely.

3. Learn confidence from others.

Think about people who you consider confident in life, creatively or otherwise. What are the key "Components of Confidence", the factors common to all confident people? How do they communicate, act and behave? What's their mental attitude, their outlook? What do they believe about themselves? How can you start to take on these traits and habits yourself?

4. Practice being confident.

Once you realize what your strengths are, and what confidence in others looks, sounds and feels like, practice, practice, and practice. Confidence doesn't just appear from nowhere, it's a skill, an attitude, and a way of being that we can improve by finding what works specifically for increasing our confidence, then doing it more and more.

5. Take small, steady steps.

If your confidence is low, then it's maybe not the best time to take on the biggest and most complex creative project of your life. Start a small, specific project and don't attach a fixed outcome to it, just enjoy creating and see how it develops. Then build on what you enjoy with a new, slightly more ambitious project.

CONCLUSION

We are all capable of harnessing creativity to solve problems and find innovative ways to see and interpret the world around us. We just need to move away from the common assumptions about what type of people or personality has the creative gene

and develop our innate ability to experiment and discover, imagine and create reality, which goes way beyond the realm of the arts, and into our everyday lives and a true knowledge of ourselves.

Only by gaining confidence in ourselves as creative thinkers and problem solvers is that we'll train our minds to develop stronger ideas and infuse our professional careers and personal lives with innovation and the thrill of self-discovery and self-efficacy.