

Savvy Painter

# GROWTH STUDIO Week

## Perfectionism vs. Mastery

**This worksheet is an invitation to ditch perfection and choose mastery.**



Perfection shows up in our art practice in very subtle ways.

It's the teetering stacks of unfinished paintings in your studio. Because you won't allow yourself to be done. Perfectionism hides behind "It could be better" which is code for "there's probably something wrong with this and I don't want someone else to find it first."

**Mastery also thinks "It could be better" but it comes from the healthy ambition of wanting to see what is possible for you with your art.**

Perfectionism wants us to hide because to perfectionism, rejection is death.

**Mastery admits that while rejection might sting, the sting is just a vibration in the body. And avoiding a vibration means sacrificing all the wondrous possibilities you have inside of you waiting to come out.**

Perfectionism needs other people to reassure. **Mastery knows "I belong here."**

Perfectionism invites distraction. **Mastery invites FLOW.**

Perfectionism is closed. **Mastery is open.**

Perfectionism is unforgiving. **Mastery knows love is the answer. Always.**

*In the words of Leonardo da Vinci "One can have no smaller or greater mastery than mastery of oneself."*

Inside **Growth Studio**, we practice mastery. Because we believe in the art of possibility, we cultivate curiosity, we are the hunters of awe and wonder. [Join us.](#)

Talk soon,

A handwritten signature in black ink, appearing to read "Andrew", with a long horizontal flourish extending to the right.



# About Antrese

I'm Antrese Wood - I am the host of the [Savvy Painter podcast](#), I am an artist and a Master Certified business and life coach. I help artists grow into confident and powerful voices.

As artists, our work matters in this world. We remind people of the beauty in this world, we remind them of what it means to be here, having this human experience.

We help them to feel, to connect, and to empathize.

Your work matters, not just to you, but to all of us.

# Perfectionism Vs. Mastery

Answer each question as fully as you can. You may want to come back to it again later, and use it as part of your regular practice.

**How might perfectionistic tendencies show up in my art practice?**

Answer here

**What is possible if I give up the idea of perfection?**

Answer here

**What feeling am I trying to avoid by demanding perfection of myself?**

Answer Here

# Perfectionism Vs. Mastery

**What would I create if I had full confidence in my ability to handle that feeling?**

*Answer here*

**What does it mean to me to be a master artist?**

*Answer here*

# Perfectionism Vs. Mastery

**What are three masterful thoughts I will practice thinking today?**

Answer here



# There's more where this came from

Inside GROWTH STUDIO, I help you step in to your own mastery

Magic happens when we have wholehearted belief in our capacity to create. Love the art, and the artist who makes it.

[Join us now](#)