

Savvy Painter

# GROWTH STUDIO Week

## Creative Confidence

The more confidence you have in your art practice, the better able you are to paint boldly, take creative risks, feel empowered to create powerful, meaningful work. Let's do this!

**Creative confidence** comes from having a rock solid belief in yourself and your capacity to create the art practice you envision.

Creative confidence comes from knowing that even if you don't have all the answers now, you believe in your capacity to continue taking action towards your goal.

A lot of people have the mistaken belief that you can only have that kind of confidence if it is given to you - a gallery accepts your work, you are accepted into that one show, or that collector buys your work at a particular price.

They think confidence comes from an achievement, or that someone else has to give them permission somehow.

The good news and the bad news is it is an inside job. It can only come from you. No one else can give it to you.

Your confidence in yourself allows you to talk freely about your work, it allows you to submit your paintings to a gallery and be accepted or rejected without making it mean anything bad about who you are as an artist. It allows you to price your work without feeling like you've done something wrong by choosing **that** price. You know that the worst thing that can happen is an emotion, and you're willing to experience any emotion in service of your art... and the brilliant artist who makes it.

This worksheet is an invitation to uncover some of the beliefs that may be getting between you and the art practice of your dreams.

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.

If you're in **Growth Studio**, you're welcome to bring anything you uncover to our weekly coaching sessions. I can help you dismantle the thoughts that are holding you back.

If you're not in **Growth Studio**, whenever you're ready, you can [join here](#)

Talk soon,

A handwritten signature in black ink, appearing to read 'Anna', with a long, sweeping horizontal line 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.

# Creative Confidence

**What is it that YOU want in your art practice right now?**

*Answer here*

**How is your confidence connected to your goal?**

*Answer here*

# Creative Confidence

**What do you feel confident about in your art practice now?**

*Answer here*

**What are you not confident about in your art practice?**

*Answer here*

# Creative Confidence

Self confidence is something you create for yourself. You create it by curating your thoughts, weeding out the thoughts that don't serve you and purposely choosing the ones that empower you to create what you want.

We have a lot of thoughts we've inherited from other people. They're worn out. They're not helpful.

**What are 3 worn out thoughts about being an artist you are willing to give up?**

*Answer here*

**What are 3 thoughts about being an artist that bring you confidence?**

*Answer here*

# There's more where this came from

Inside GROWTH STUDIO, we cultivate creative confidence.

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

[Join us now](#)