

Savvy Painter

GROWTH STUDIO Week

Trusting Your Voice

So many artists worry they don't have a voice.

"What's the thread that runs through my work?"

The common thread that runs throughout all of your work is you.

Your voice. Your ideas. Your intuition.

The problem isn't that you don't HAVE a voice, the problem is that for so, so long, your voice has been trained to be quiet, to let someone who "knows better" tell you what it means to be an artist and how your art should be.

Listen to me- **No one knows your art better than you do. Trust THAT**

When you cultivate trust in your voice, and you KNOW you have your own back your voice grows stronger.

Every time you allow that little whisper inside of you, that impulse that says: "You need a bright red stroke THERE, even if it doesn't make sense right now, I'm telling you to do it" and then you dip your brush in the bright red paint and you make your mark... that voice grows stronger and bolder.

That voice is priceless.

This is what we cultivate in Growth Studio. This is what we are all about. Empowering YOU to trust that voice, to listen to the whisper. You will learn to turn UP the volume on your true voice and to turn the volume down on the doubts, the fears, the second guessing.

This worksheet is the beginning of your practice of listening to and amplifying your voice. With this practice, you create an upward spiral. The more you listen, the more you hear. The more you trust your voice; the more your voice trusts you, and speaks up more. So you hear more... see how that works?

When your true voice is given the microphone, I guarantee you, it will have a lot to say. And as long as you listen, you won't have problems with consistency. You'll stop hesitating, second guessing, and over thinking. You'll go into your studio and LOVE this artist who can be so bold, and paints with such conviction. And that bold conviction - it's contagious. People WILL respond to it.

We practice this (and more) every single week inside Growth Studio.

If you're not in **Growth Studio**, whenever you're ready, we'd love for you to [join us!](#)

Talk soon,

A handwritten signature in black ink, appearing to read 'Annie', written in a cursive style.



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.

Trusting Your Voice

Name an artist (living or dead), whose voice you admire? Why?

Answer here

With this artist in mind - how do you imagine they FEEL - what do you imagine the predominant feeling they experienced most often in their studio?

Answer here

How might you do things differently in your art practice, if your predominant emotion in your studio were the same? What would you create? How would you behave?

Answer Here

Trusting Your Voice

What are three sentences you can practice thinking today that might generate that emotion for you?

Answer here

What are three "shoulds" you will let go of?

Answer here

Trusting Your Voice

What has your inner voice been curious about? What little tug might you be ignoring or disregarding?

Answer here

How will you respond when you feel that curiosity again?

Answer here

There's more where this came from

Inside GROWTH STUDIO, I help you amplify your voice (while gently taking the microphone away from your inner critic).

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

[Join us now](#)