

### **HOW DOES THIS PHRASE APPLY TO THE CREATIVE PROCESS?**

- Just like with anything, practice makes better
- Every painting is not going to be your best (we need to all accept this fact)
- Spending energy on “perfection” can lead to frustration and abandoning whatever painting, creative project, or endeavor you were working on since it “will never be perfect, so why bother”

### **WHAT MAY BE STOPPING YOU FROM PUTTING IN THE TIME TO PRACTICE?**

- Excuses and self limiting beliefs
  - I don't have time. I don't have enough money. I'm not talented enough/wasn't born that way. Why waste time if it won't turn out? What if I can't replicate my success? Was it just a fluke?
- Fear of failure...and fear of success!
  - Having excuses is WAY easier than being accountable for your big dreams!
- Being distracted by productive procrastination tasks (Admin, website, social media, etc.)

### **WHY IS IT IMPORTANT TO CHANGE YOUR PERSPECTIVE ON THIS?**

- Instead of focusing on a perfect outcome, you can focus on learning to improve your outcome
- You can pay attention to the way you learn, find the process that resonates with you best, and minimize frustration. Ex: Do you learn best with in-person workshops, books, or trial and error experiments?
- Focus less on comparing yourself to others. Instead look back at what you've done in the past and see how you have improved over time.

### **WHAT CAN YOU DO RIGHT NOW?**

- Start putting in the time! Block off time and prioritize it in your weekly work flow (listen to episode 5: Time tracking)
- Get out of your comfort zone - “No Excuses but No expectations”
- If you need a push, try doing a challenge (ex. a week, month, year, 100 days)
- Become a beginner again and experiment with a new style or medium
- Find accountability through a friend, art group, or social media! Tag us! We will cheer you on!