



30 TIPS TO BOOST YOUR *CREATIVE* *CONFIDENCE* AND THRIVE AS A CREATIVE

These top tips will help you keep on track, keep showing up and feeling super satisfied with your creativity whether you are just starting, a passionate hobbyist or powerhouse professional.

By Angela Terris



For many of us, the joy of being creative is about bringing our ideas and inspiration into reality. To hold, see, hear and touch it.

However, just thinking about it and not doing doesn't mean that it will miraculously happen.

It takes action!

Here are 30 tips to help get you started started and keep the momentum going.

**I call it my
'Creativity Manifesto'**

Why Make a Manifesto?

A manifesto is a public declaration of intentions, opinions, objectives, or motives.

Being a creative has its own unique challenges. Like sharing your work for the first time, finding your stand-out style, coming up with great ideas, or becoming comfortable with selling. It can all rob you of your natural confidence and trigger self-doubt.

I created this creativity manifesto to help me through those moments and I hope it will help you too.

It's where I keep all my best practice tips that I've learnt over 25 years working in the creative industries. Both as a full-time freelance illustrator and animator and working on self-motivated projects as an artist.

I find it useful to reference for times when I get stuck, procrastinate, feel uninspired, unmotivated, or dissatisfaction creeps in. It's a great reminder of what helps to reboot my enthusiasm and be in creative flow again.

Making simple changes towards good working habits, doing more of what works and boosting helpful internal self-talk can make a big difference to thriving as a creative.

I highly recommend you make one for yourself and there are prompts at the end of this e-book to help you.



The Advantages Of Good Working Practices

You make progress

Brings understanding of what works and what doesn't

Ups your skill level

Develops commitment

Builds confidence in your decision making

Moves you towards your best hopes for yourself



**Here are my top
30 tips to boost
your creative
confidence and
thrive as a
creative.**



1. Remember **practice makes progress** and a little progress is better than none.
2. **Create a space**, no matter how small, to dedicate to your creative practice and visit it often. Give it some love!
3. Find just one thing that can you do today to **nurture your creativity** and keep it growing.
4. **Guard your creative time zealously** and make sure other people respect that time too.
5. **Just start**, waiting for the perfect materials, time, conditions, learning more and more is all stalling. Creativity comes from within you, not your tools.
6. Leave a piece of work unfinished so you have a **starting point for next time**.
7. Create a **vibe/ambience that enhances your creativity** with sounds, scents, textures, lighting, temperature, objects, etc.
8. Keep **inspiration on hand or pinned up** for when you get stuck.
9. **Stop copying or comparing** yourself to others, it means you don't have confidence in your style and capabilities.

10. When you have self-doubt or feel like giving up **remember your 'why' you started being creative** in the first place. Focusing on these benefits is a great motivator to make it happen.
11. **Be open to new ideas** and allow them to develop before discounting them completely. Maybe a part of the idea may have potential.
12. If you start to feel uncomfortable or have fear of making a mistake, **just sit with the feeling...** it will soon pass.
13. When blocked or uninspired, go **do something different**, like visit a gallery or museum, work from a cafe or take a walk in nature.
14. Allow regular time to let your mind empty and wander. If it's full all the time of should and musts there is no blank space for new ideas to appear. **Time to ponder is an essential part of the creative process** and not a waste of time.
15. Have a notepad or digital voice recorder ready to **capture your ideas and inspiration** as soon as they manifest.
16. Be mindful of **negative self-talk as it's fear holding you back** in your comfort zone and keeping you playing safe.
17. **Make the experience joyful** as creativity is born from curiosity and play.

18. **Enjoy the process of creating** rather than aiming for the end result.
19. **Stop aiming for perfection** as it stifles self-expression and only leads to dissatisfaction.
20. Give yourself permission to **mix it up a bit or work in a different style** to help re-energise your enthusiasm and elevate your creativity when needed.
21. **Don't put pressure on yourself** to create something perfect every time.
22. When unsure where to start give yourself some constraints (colours, subject matter, time, media, themes) as too much freedom of choice can be overwhelming. In fact, **creativity loves constraints.**
23. If what your creating seems daunting or too big a task, break it down into smaller steps and **focus on one step at a time.**
24. Remember **setbacks are learning opportunities.** When they happen course correct and try again.
25. Encourage helpful self-talk as it is so much easier to accomplish things when you are **being your own cheerleader.**

26. Creativity, inspiration and motivation ebbs and flows and isn't constant for all of us. Don't beat yourself up if this happens. **Be patient**, it will return and be ready for when it does!
27. When moving from everyday task to being creative, don't expect to be in creative flow straight away. It may take twenty minutes or more to switch off your analytic doing brain and **switch on your creative superpower brain**.
28. When you get stuck, feel blocked or uninspired remember when you have felt this way before. **What did you draw upon to help you move forward?** Can you tap into these skills again?
29. Slow down, be present, breathe and **TRUST in yourself**. You can do this!
30. Keep your childlike wonder, curiosity and enthusiasm alive. **The world needs more creative people like you!**





What would you add to this list?

*Feel free to use it as inspiration for
creating your own.*

To help, think about what you find
challenging at this moment, maybe it's
finding focus, inspiration or motivation
and make a list of things that would
help solve these problems.

Here are some questions that you can ask yourself.

What do you need to stop doing? The bad habits that you fall into are often your procrastinators.

What would you say to a friend in a similar situation who was asking for advice?

What would work well within your lifestyle and you could realistically commit to?

What's your personality, are you an extrovert or introvert? This will impact on the environment and ambience you would like to create for yourself.

What drives you to create? We all do this for different reasons, what works for one person might not be the right thing for you?

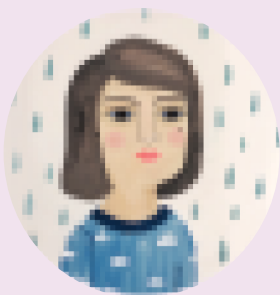
What's working? Do more of that and stop doing what isn't.

Being creative has many benefits.

It can help with freedom of expression, stress relief, improving moods, boosts confidence in decision making, better problem solving, self-awareness, and so much more.

Good luck and keep creating.

Remember...
creativity is your SUPERPOWER
and no-one can do it just like you!



Hi. I'm Angela Terris, a multi-passionate creator.

I am a UK based abstract artist making bright, bold, and uplifting artworks. Write/illustrate books on creativity and well-being. Also, a super-supporter for creative adventurers as a coach for creatives.

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