

how to cultivate a creative + growth mindset



DAY ONE ✦ RE-DEFINE REST

Instead of thinking you're too tired (to paint, write, blog, or make your video) use that activity to rest. Rather than doing nothing when you get home from a hard day at work, spend time working on a creative project.

Get your paint set out, start the furniture refinishing. You know what it is that tugs at you, what would give you a sense of creative satisfaction. Do it.

Assignment –

Spend an hour working on [your favorite creative activity] instead of Netflix and chill. Resist thoughts that try to tell you you're too tired and replace them with the thought that this will give you the rest and relaxation you crave.

Take a moment to write down the thoughts and feelings you experienced while you spent time resting.

how to cultivate a creative + growth mindset



DAY TWO ✦ GET HANDS-ON

Ever wonder why great ideas happen or problems you've been working on get solved while you're driving your commute or taking a shower? Science tells us it is a combination of a relaxed state of mind, release of dopamine and distraction from the challenge at hand.

Today you'll be intentional about making time this kind of resourceful thinking.

Assignment –

Instead of loading the dishwasher after an evening meal, wash the dishes, pots and pans by hand. This exercise slows down your busy mind, brings you into the present moment and puts you into a state that opens you up to the possibility of new ideas and solutions.

Take a moment to write down any solutions that came to mind.

how to cultivate a creative + growth mindset



DAY THREE ✦ NURTURE CURIOSITY

I love what Scott Barry Kauffman says about potential - "Potential is a constantly moving target. The more we engage in something the more potential grows." We should find this very comforting. It means we can always be growing into better versions of ourselves.

Where does growth begin? Curiosity.

Exploring the things we're curious about develops a growth mindset.

Assignment –

Write down 5 things you're curious about.

For the next 5 days, look up articles, books or YouTube videos on those topics.

Write down your impressions or something you learned about each.

Take a moment to write down which topics will get more of your attention.

how to cultivate a creative + growth mindset



DAY FOUR ✦ FIND YOUR GRIT

Psychologist Angela Lee Duckworth defines grit the place where “perseverance and passion” meet. We’ve all seen the results of grit in high performing athletes and entrepreneurs. But what about normal everyday pursuits by regular people?

It’s absolutely possible. You’ve likely already experienced it.

Assignment –

Think of a time where you accomplished something (anything) that required a combination of passion and perseverance. Go back as far as necessary in your life/memories. Spend some time appreciating what you achieved.

Write down the accomplishments you remembered. What did you do and how did it make you feel?

how to cultivate a creative + growth mindset



DAY FIVE CHALLENGE PERFECTION

The first time I learned of this was in Julia Cameron's "The Artist's Way". The question was, "What would you do if you knew you didn't have to do it perfectly?" She was asking the question to help overcome a creative block.

Because our brains prefer to stay safe, it will often use perfectionism as a way to prevent us from taking risks. Accepting that imperfection is OK, and even normal, creates a sense of awareness and frees you to take action.

Assignment –

List three things you know you need to do but are avoiding because the thought of not being perfect is holding you back. Write down a new thought you need to believe to take action.

Write down the actions you took and the feelings you confronted to do so.
