

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.
