



"It might have been done before, but it hasn't been done by you!"

- Elizabeth Gilbert

In this week's exercise, we want you to armour yourself with positive mantras that encourage you to keep showing up & have fun on a regular basis. We can sometimes take ourselves & the creative process too seriously, and lose the fun in creating.

Let's write some positive affirmations that can help us feel good & excited to create! You can quote your favourite quotes, or make up your own that feels good to you! There is so much power in writing these out & repeating them to yourself over and over again!

1. Write out 5 positive mantras for yourself

E.g. Progress not perfection, I can do it, I am capable, I am confident, done is better than perfect, Consistency over perfection, 1% better every day

1.

2.

3.

4.

5.



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2. Write out the 5 positive mantras again

1.	
2.	
3.	
4.	
5.	

Then write the 5 mantras on post-it notes and keep them where you can see them regularly.