

creative mindset bootcamp

MODULE 6

integrating & celebrating

In this final module it's time to bring it all together. You've shifted your mindset, taken action and discovered new things about yourself, your art, and your business. Now it's time to celebrate the wins, realistically assess the losses, and move forward again.

celebrate

Each time you take action you're presented with an incredible opportunity to reflect and grow. Sometimes things go amazingly, and all you'll want to do is continue to reproduce that. Sometimes it's a total disaster and you just want to crawl under a rock, even though you know better by now and are telling yourself that it's only a failure if you choose to make it one. It still feels gross. Most often though, it's a little bit of both – some parts of what you did worked great and felt good, other parts not so much.

First up, I want you to genuinely take some time to acknowledge what went well and celebrate your wins.

Our highly self-critical nature is often incredibly resistant to this, but it's important!

I recently ran an in-person workshop that had far fewer attendees than I would have hoped for.

That felt uncomfortable.

It felt that way because the story I told myself was that no-one wanted to invest money in learning from me – which is obviously wildly untrue given the other evidence available to me on that front, I've had over 4000 paid students.

Still, I showed up, the people in attendance told me they loved it (which was what really mattered at the end of the day), so instead of focusing on how few people came, I chose to celebrate the fact that I showed up regardless of how I was feeling.

Ok, if we're being honest, I needed help to do that – thankfully I've surrounded myself with people who think like I do, and they all said back to me the same things I would have said to them (including my 15 year old daughter who gave me the “everyone has to start somewhere mum, this is a new thing for you, if you do it well they'll tell their friends and then it will grow”. Thanks babe.

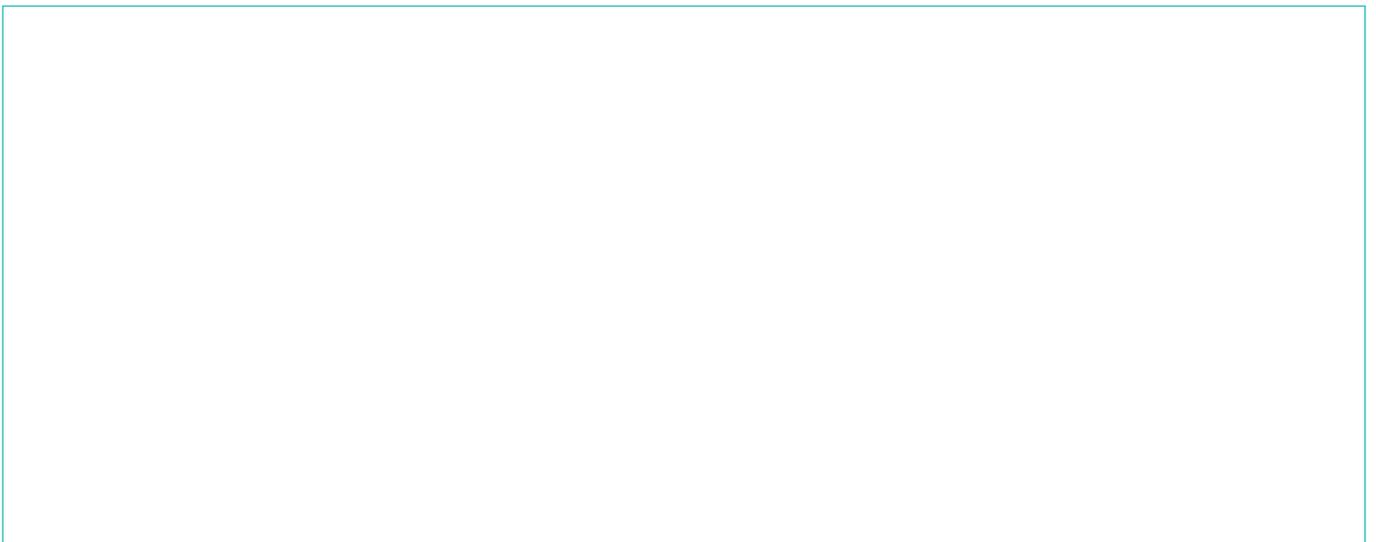
It's also really important that we keep track of the things that worked well so that we can make sure to do them again next time. Once you've run a few projects, or launched a few products, it's easy for it all to become a bit of a blur, having something written down to remind you which things to focus on will be super helpful in the future.

Now it's your turn. Thinking through the action you've taken recently, use the next page, or a space in your journal, to celebrate. And share the wins with someone!

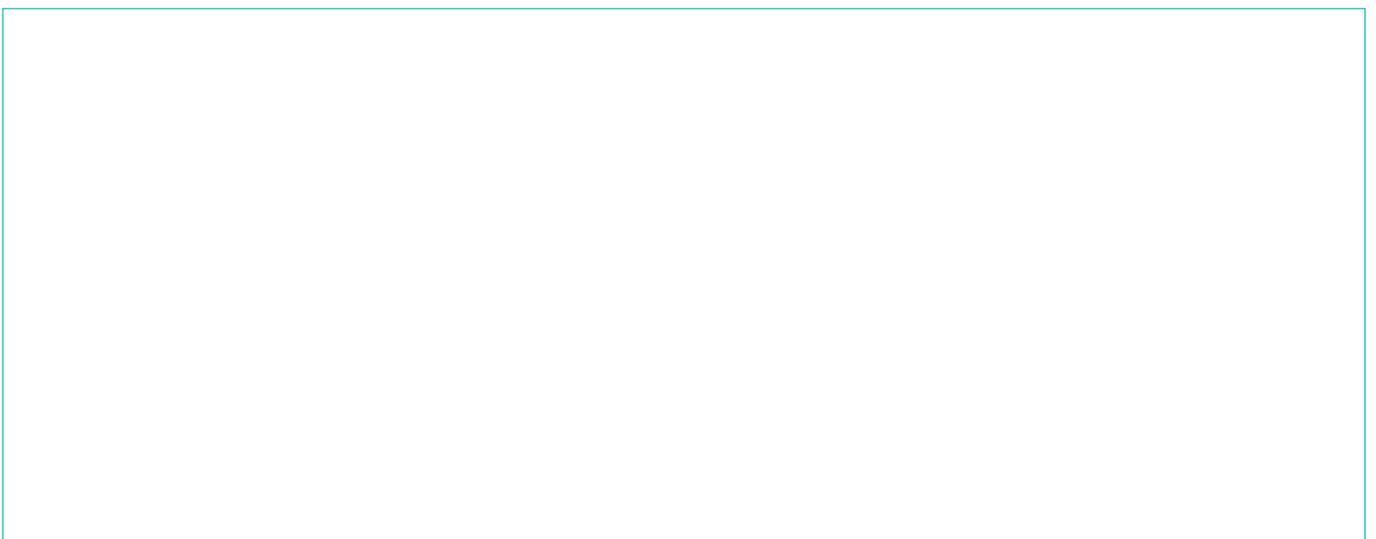
What did I do well?



What worked well/felt great?



What do I want to reproduce next time?



reflect

Next, take some time to consider what didn't work so well, or feel so great.

Back to the workshop example, I absolutely want to do in-person events, but having done a few workshops in a particular style, have discovered that I would prefer to structure them differently moving forward.

I wouldn't have known that unless I had shown up and run the ones I have.

Spend some time reflecting on what you've learnt. Not in a harsh, self-critical way, but in a curious way.

What have you discovered about yourself, your community, your product/service?

What do you want to do differently moving forward?

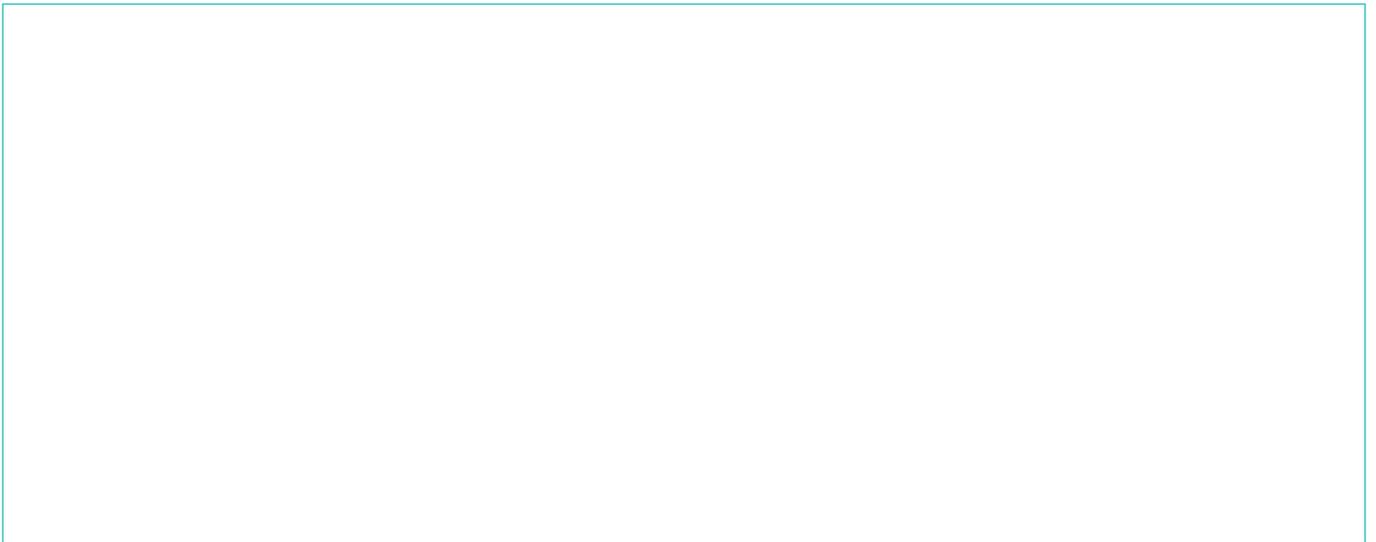
Even if you've done something that feels like it's 99% disaster, there's gold in there for business growth if you can uncover and embrace it.

Use the worksheet on the next page, or some space in your journal to reflect on the action you've taken.

What didn't work the way I hoped it would?



What didn't feel great?



What do I want to do differently?

