



## Robyn Ryan's Acrylic Layers Workshop Workshop Goals & Mindset Inventory

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### Preparing for this creative journey!

Our attitudes and mindsets set the stage for our progress or sadly our frustrations as we embark into new territory with our art. I encourage you to take a few moments and do a quick inventory of where you are in your mindset as we embark on this creative journey together. Our attitudes related to ourselves as creatives and towards the results of our creative efforts sets the stage and trajectory for our creative pursuits... We all get to choose our mindset!

This "inventory" has 3 sections: Your Goals, Your Creativity, and Your Internal Dialogue. Enjoy the quotes, answer the questions, and develop your own personal positive affirmations to use and refer to throughout the workshop!

### ***Your Workshop Goals:***

***"Whether you succeed or not is irrelevant, there is no such thing. Making your unknown known is the important thing." — Georgia O'Keeffe***

What attracted or intrigued you to this workshop mini-series? Why did you sign up?

What do you want to gain from it and accomplish during it?

Create your Workshop Affirmation:

**"I am \_\_<active feeling word(s)>\_\_ \_\_<Present Truth Statement replacing the negative>\_\_ ..."**  
**Example: I am excited I am always learning and growing in my joyful calling as an artist!**



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### *Your Creativity:*

*"You can't use up creativity. The more you use, the more you have." — Maya Angelou*

What excites you the most when you create?

What kills your creativity? What empowers it?

Create your Creativity Affirmation:

"I am \_\_<active feeling word(s)>\_\_ \_\_<Present Truth Statement replacing the negative>\_\_ ..."  
Example: I am happy and thankful *I have the creative tools I need to decide what to do next!*



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### *Your Internal Dialogue:*

*"If you hear a voice within you say 'you cannot paint,' then by all means paint, and that voice will be silenced." — Vincent van Gogh*

Are you aware of any self-imposed limitations or barriers that impede your creative growth? (This looks like the "I can't's, I don't's, and I shouldn't's... the I never's, I couldn't possibly's...")

How do you talk to yourself about your creating and creativity? Is it with gentleness and anticipation? Or is it critical and condemning?

If you tend to be self-critical or self-condemning when creating, write down the "loudest" negative below:

Now write down the positive OPPOSITE! (if you wrote "I can't" above, write "I can"; if you wrote "I'll never..." above, write "I will...")

*"I am \_\_<active feeling word(s)>\_\_ \_\_<Present Truth Statement replacing the negative>\_\_ ..."*  
Example: I am secure and confident *in the relevance of my art and its positive purpose!*



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Create your Internal Dialogue Affirmation: