

Creative Confidence

by Jon Craighead

Creativeness is described as the power or ability to cause ingeniousness, inventiveness, and originality on demand. Confidence is a feeling or belief that one can rely on oneself or others with certainty about the truth or accuracy of the person or thing under consideration. Being creative produces a feeling of self-assured trustworthiness or accuracy. Self-assurance arises from one's acknowledgement of one's own innate abilities or qualities. *Creative confidence* is the ability to overcome one's natural fears or hesitations that inhibit one's committed pursuits. This is an accelerating experience of imagining: thinking a thing, then making it real, regardless of the level of difficulty.

Most of us are born with creative minds that are evident in our imaginations. As children we played for hours with imaginary friends and toys. However, as we grew older, we evolved from our imaginative childhood existence and began exchanging our juvenal visions for thoughts that were more reality-based. With age we become more certain in our approaches to life, behaving as responsible adults. This frequently results in unconsciously limiting or disregarding our innate creative childhood imaginations. This unconscious limitation begins obstructing our ability to create a visionary experience as adults, on demand. As the familiar quote goes, "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." This is a very appropriate mindset from an adult perspective based in a world of reality – nevertheless, it is likely that, while in this evolutionary phase, we diminish our youthful ability for creative imagining.

It's not uncommon to think that certain gifted people are especially creative – that they were born that way and that we were not. We admire these people but hold ourselves as not so gifted. We frequently assume creativity is an innate attribute; you either have it or you don't. This outlook is identified by design engineer Tom Kelley, co-founder of IDEO and the designer of the first Apple computer mouse, as the "messy unknown." Kelly describes a conductive process that begins with weeding out data and dealing with the unknown. By starting small, we can work up our confidence by dealing with the big fears that block our best ideas and hold most of us back. This implies that confidence is a created phenomenon, not a commodity, and only exists when it is present. Only you can create your own self-confidence. And, in the moment when you

demonstrate your created confidence, it becomes a reality that others can identify and recreate for themselves. This is how confidence inspires confidence. Great leaders know this.

How do we individually recreate this natural childhood creativity and confidence while simultaneously living in our adult realities, inside the world in which we exist? This demand for personal creativity requires the best we have to offer, both professionally and personally at work, home, and in life ongoingly. Creative confidence is an intense way of living; it requires skillful utilization of our much-needed imaginations. All this can be created without a nagging fear of failure or causing negative disruptions or losing control of a situation. Doing so allows our innate imaginative prowess to recreate our bold commitment to hang out in the unknown until our sought-after discovery arises. This brings forth a new reality, fulfilling our ability to stay in the creative pursuit until success is achieved.

Following are suggested actions which may assist in this creative process:

- Write down your objective(s); find new surroundings; ask for assistance; don't be deterred.
- Challenge your preconceptions about your supposed lackings; rather, focus on being masterful.
- Remember, *you* are as creative as *you* say you are!
- Be grounded in the reality that we all are creating, unconsciously, all the time.
- We are experiencing realities arising constantly from our own thoughts and intentions which are fundamental and unintentional.
- There's nothing stopping us in building our creative confidence but ourselves. This confidence needs reinforcement.
- Today is a great opportunity to create your creative confidence!

"Self-confidence is the most attractive quality a person could have; how can anyone see how great you are if you can't see it yourself." (Anonymous)