



# BOOK OF COURAGE

1. Watch the TED talk "[How to Build Your Creative Confidence](#)"

**Remember, fear is real, but what you're afraid of might not be. You don't need fixing, there's nothing wrong with you, you just need courage. You have a gift inside you that's just waiting to be shared with the community!**

2. ACKNOWLEDGE AND FACE YOUR FEARS: List your 5 fears when it comes to knitwear design- I encourage you to get as specific as possible!

- 1.
- 2.
- 3.
- 4.
- 5.

Create action steps for each fear listed to help get past it:

FEAR	REFRAME	GOAL	BABY STEPS	TIME LIMIT	HELP NEEDED
<i>I'm afraid no one will like my design</i>	<i>People WILL like my work, I just need to find them!</i>	<i>Get 20 hearts on my pattern release, make 5 sales</i>	<i>Get test knitters to gauge interest in design</i>  <i>Develop/prepare a promotion plan to get as many eyes as possible</i>	<i>I will release my pattern on [x] date.</i>	<i>Ask for support in Swatch Studio and brainstorm for ideas.</i>



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SHIFTING YOUR MINDSET Let's reframe the fear and transform it into positive affirmations and declare our actions.

Self-Sabotaging Attitude and Habits	Empowering Sentence to Transform the Fear into Positive Momentum	Declaration of commitment to stay in movement
<i>"I didn't finish my design."</i>	<i>"I will finish it!"</i>	<i>"I will set time everyday, even if it's just five minutes to work on my design and I will ask for an accountability partner to check in on me".</i>
<i>"No one likes my work because my first pattern didn't do well."</i>	<i>"I need to find my audience instead of expecting my audience to find me. My ideal audience is out there!"</i>	<i>"I will spend 10 minutes a day on social media engaging with knitters in the community to see what THEY want from designers."</i>



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