Kreatywni online

03 | CREATIVE MINDSET

Turn doubt into evidence and action

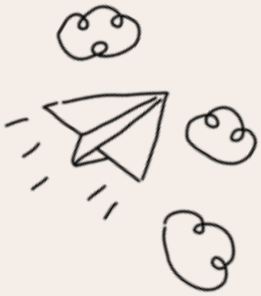


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Suggested time: 30—40 minutes

Purpose
To replace vague self-judgement with evidence of progress and a realistic next decision.

Learning outcome
The participant creates an evidence record and chooses one challenging but achievable action.

Learning content
Mindset affects how a creator interprets feedback, uncertainty and setbacks. Confidence does not require the absence of doubt. It grows when a person notices evidence that they can learn, finish work, respond to criticism and try again.

Useful evidence describes an action or result. “I submitted a project despite uncertainty” is evidence. “I think I am improving” is an opinion. Evidence helps a participant recognise progress without exaggerating it.

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EVIDENCE INTO ACTION

If I trusted this evidence, one courageous decision I could make this month would be...

_____

_____

_____

When a setback happens

What happened? Describe facts without judging yourself.

What was within my control? Identify a decision, behaviour or preparation step.

What did I learn? Name one lesson that can influence the next attempt.

What will I do next? Choose a specific action and date.

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TOOL 5
EVIDENCE OF DEVELOPMENT

Evidence	What it shows	Next step it makes possible
1. 2.		
3. 4.		
5.		

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REFLECTION CHECK

Write one sentence you often use to minimise your progress. Rewrite it using verifiable evidence.

Old sentence

EVIDENCE-BASED VERSION

_____

_____

_____

_____

_____

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