

Build Your Creative Confidence

A Workshop Handout

Edwina Perkins | Harambee Creative

A Word Before We Begin

You were made to create. God created you in His image, which means creativity isn't a gift reserved for a select few. It's part of your design.

Genesis 1:1, 27 | Ephesians 2:10

Creativity isn't a lightning bolt that strikes occasionally. It's more like a muscle — one that needs to be trained, challenged, and worked on consistently. This session will help you identify what's getting in the way, and give you practical tools to get moving again.

Reflect:

When did you last feel truly creative? What was happening around you?

What Gets in the Way: Common Creative Blocks

Recognizing your blocks is the first step to moving past them.

1. Stress — external and internal
2. A season of growth (sometimes stillness isn't stuck; it's preparing)
3. Too many ideas and no clear place to start
4. Fear of imperfection
5. Fear of failure
6. Creating and evaluating at the same time
7. The Expert Syndrome — believing you must already know everything before you begin
8. Lack of confidence
9. Discouragement from others
10. False limits we've accepted as permanent

“For God has not given us a spirit of fear, but of power, love, and a sound mind.” — 2 Timothy 1:7

Reflect:

Which of these blocks shows up most often in your creative life? Is it new, or has it been with you a long time?

Ways to Build Your Creative Muscle

11. Engage in creative activities — even ones unrelated to writing
12. Journal by hand
13. Practice dreaming; give yourself permission to imagine without editing
14. Ask more questions
15. Brainstorm without judgment
16. Seek a new perspective — a walk, a conversation, a different chair
17. Keep learning
18. Rest on purpose; a creative mind needs room to breathe
19. Stay flexible
20. Practice — then practice again

“Whatever your hand finds to do, do it with all your might.” — Ecclesiastes 9:10

Reflect:

Which of these strategies feels most available to you right now? What would it look like to try it this week?

A Note on Failure

Every writer you admire has a drawer full of work that didn't make it. Failure isn't the opposite of creativity — it's part of the process. The question isn't whether you'll struggle. It's whether you'll keep going.

Reflect:

What would you attempt if you weren't afraid it would be imperfect?

“An essential aspect of creativity is not being afraid to fail.” — Edwin Land

You were entrusted with a story only you can tell. Build the muscle. Show up to the page. The world needs what's in you.

Restoring stories. Releasing voices.

May you always find your way home.