

The Ceramic School

Crushing False Beliefs

Are you ready for your workshop?!

Consider this your warm-up.

The #1 thing that determines how well you'll do in this workshop?

BELIEF.

You must believe that you CAN do this.

Without belief, failure is inescapable.

This workshop is going to give you KNOWLEDGE.

You're going to learn how to do new things.

But that alone is not enough.

You need to take this Knowledge and practice it to get EXPERIENCE.

KNOWLEDGE AND EXPERIENCE = EXPERTISE

You can become an expert.

You can reach your goals.

You just have to believe, learn, and practice.

Day Overview (Tick when completed)

Fill out the worksheet below to prepare your mind and workspace.

Crushing False Beliefs

Write down your doubts and fears in the space below.

We all have them, so don't be afraid to call them out. The more specific the better. We're going to bring those hidden thoughts and feelings out from the dark and shine a light on them so we can get them out of the way.

For Example:

Fear:

I am afraid that I signed up for this workshop before I'm ready.

I'm not good with technology, and I haven't even really found my voice.

I will crush that fear by:

Reminding myself that everyone started somewhere. No one comes out of the womb with amazing ideas. Part of this workshop process is learning how to do things, and test things. I know there are thousands of potters who live off their ceramics and aren't super techy. If they can do it, so can I.

Crushing False Beliefs

Fear #1:

I will crush that fear by:

Fear #2:

I will crush that fear by:

Fear #3:

I will crush that fear by:

My Motivations

In the year, I want to achieve:

I want to succeed because:

Building Belief and Certainty

I am capable of succeeding because:

When and if I am stuck, I will:

Every time I feel a doubt or insecurity, I will remember:

Finding Time

In order to get the most out of this workshop, you will need to make space in your life to accomplish each day's task. Write down what your daily schedule looks like, and then modify it for the workshop time period.

Look over your daily routine, and try to pick out one or two time slots that you can commit to using for this workshop exclusively.

Normal Schedule:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm

Workshop Schedule:

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

11pm