

How we think about ourselves as artists and most importantly how we implant that information in to our subconscious.

The power of positive thought – how to make that power work for you as an artist by painting in your mind a picture of the artist you wish to be.

1. Create a verbal image of the artist you wish to be. That might be unique, talented, creative, dedicated, open to new ideas and techniques, focused, confident, accomplished or any other attribute that appeals to you.
2. Using this information you create what is called a personal affirmation where you make the best version of yourself as an artist.

Your affirmation gets hypnotically implanted into your mind by saying, thinking and **believing it** every time you enter your art room....or simply *“every day and every way I am getting better and better”*.

Typical Affirmations

I have the utmost confidence in my artistic abilities.

I am able to channel my thoughts into unique creations.

My selection of colours continuously blends and compliments and improves every day.

I realize my potential as an artist and strive to increase my talent through practise and dedication.

I take great pride in every new creation and look forward eagerly to displaying and selling my work.

Every day I am getting better and better and like everything else the more I use my skills the better I get.