**Assignment 3**

**MY THOUGHTS ON CREATIVE CONFIDENCE**

These are my thoughts regarding the video on creative confidence:  
Anybody can be creative. Creative confidence begins with what you expose the mind to, it could be negative or positive suggestions, ideas, inspiration or information that will either motivate you to be more creative or feel less creative.  
From the first exam that was mentioned, about the boy moulding or carving a horse like image, though in his mind had an image of a horse but what he was making seemed different, he allowed his mind shift from the image of what he was creating, to meditate on what another class mates information about it, which made the boy less motivated. The information he was told, gave the boy a negative impression about his creation and he lost confidence but if he had not allowed himself to meditate on that information from the classmate knowing that the classmate might not even be as good at creating things as the boy is, his confidence level won't have been affected.  
One can be confidently creative as the level of inspiration one gets. Like the example of the psychologist that was able to cure the fear of snake in people. Notice that the people that came to him got inspiration from him to overcome their phobia for snakes and anything they were probably afraid of, which in turn increased their confidence in creativity.  
Creative confidence has a lot to do with one's thought pattern, thought process and thought content.