

Why I didn't want to give this presentation

by Rafał Kondratowicz

... and procrastinated working on it
for 2 weeks



... but I'll do it anyway

**social
anxiety**



**social
anxiety**

perfectionism

**social
anxiety**

perfectionism



A man with dark, messy hair is crouching in the center of a dark, surreal landscape. He is wearing a dark blue long-sleeved shirt and dark pants. His right hand is pressed against his forehead, and he has a distressed or pained expression. The background is filled with numerous human skulls, some of which are partially obscured by dark, tentacle-like or vine-like structures. The lighting is dramatic, with a bright light source from above creating a strong highlight on the man's face and the surrounding environment. The overall mood is dark, mysterious, and unsettling.

The inner critic

A man in a white shirt and dark pants sits on a stool in a dark room. He is surrounded by numerous glass jars of various shapes and sizes, each containing a goldfish. The jars are hanging from the ceiling by thin black cords. A large, glowing jar with a light bulb inside is positioned directly above the man. The scene is lit with warm, golden light, creating a surreal and contemplative atmosphere. The text "My idea is not original" is overlaid in the center of the image.

“My idea is not original”

Your perspective is



“People will make fun of me”

Maybe... Probably not.

Not for too long at least ;)

Focus on the message.

A surreal, dark, and desolate scene. In the center, a large, bright red rectangular area stands out against the dark background. The red area has a hazy, almost ethereal quality, with faint silhouettes of buildings or structures visible within it. The surrounding environment is dark and appears to be a ruined or abandoned space, with debris scattered on the floor and walls that look like crumbling stone or concrete. On the left, there is a wooden easel holding a canvas with some faint, abstract markings. On the right, another wooden easel holds a similar canvas. The floor is covered in debris, including what looks like broken tiles and scattered red petals or leaves. The overall atmosphere is one of mystery and artistic pursuit, as if the scene is a stage set for a performance or a work of art.

“It has to be perfect”

No, it doesn't. Nothing is.

Perfection is overrated.



“I’m not an expert”

Expertise is relative.

Ok, but why?

**“A black belt is a white belt
that never quit”**

Renzo Gracie

Because you don't want to.

JUST DO IT.

Some shoe guy

The background is an abstract composition of thick, textured brushstrokes. The left side is dominated by warm, earthy tones of orange, red, and brown, while the right side transitions into cooler shades of blue and teal. The overall effect is one of depth and movement, with visible ridges and valleys in the paint.

Thank you