

# Loish Patreon ♥

## TUTORIAL CHEAT SHEET // IMPOSTER SYNDROME FOR ARTISTS

### KEY LESSONS

- How to **manage** imposter syndrome so that it doesn't have a strong hold over your art
- Which fundamental **fears and anxieties** feed into imposter syndrome
- Which behaviors can **reinforce** imposter syndrome and make it hard to move past
- Which **skills** are helpful in managing feelings of imposter syndrome

### CORE LESSONS

#### YOU CAN'T GET RID OF IMPOSTER SYNDROME

You can only redirect your energy in a way that makes it hold less power over your life and artistic journey.

#### IT'S BASED ON UNREALISTIC STANDARDS

Which is why redirecting your energy towards attainable and realistic standards is a great step towards moving past imposter syndrome.

#### IT THRIVES WHEN IT'S REPRESSED

This is why it's important to let your negative emotions out somehow, in whatever way works for you.

### HELPFUL SKILLS

#### > DISTINGUISH FACTS FROM OPINIONS

This will help you to form a more objective understanding of your own art.

#### > SET ATTAINABLE GOALS

Make sure your goals are based on measurable metrics, and are a realistic fit for your schedule, time, and energy level.

#### > CREATE AN ARTISTIC ROUTINE

This allows you to carry out your goals in a steady and reliable way.

#### > BE AWARE OF YOUR EMOTIONS

Acknowledge that they are there so that you are less likely to fall into patterns of repressing them.

#### > IDENTIFY AVOIDANCE PATTERNS

We often don't even realize that we are doing them, so identifying them can make a huge difference.

#### > ASK FOR FEEDBACK

Learn how to ask for feedback from people who understand what you're trying to achieve with your art. This will help you form a more objective view of your work.

#### > MANAGE COMPARING HABITS

Comparing yourself to other artists is inevitable, but try to be aware of when it is helpful and when it is not.

#### > REFLECT ON SUCCESSES

Make sure you are also taking in positive and confidence-boosting information about your art and your abilities.

SECTION	TIMECODE	DESCRIPTION
INTRO	01:14	What is imposter syndrome?
	03:13	Why artists are vulnerable to imposter syndrome
	05:58	How imposter syndrome manifests for me
FOUNDATIONAL IDEAS	09:25	Ingredients of imposter syndrome
	13:24	My ideas on life
	17:50	How anxiety works
CORE LESSONS	23:25	Lesson 01 // we can't get rid of imposter syndrome
	23:57	Lesson 02 // unrealistic & unattainable standards
	25:35	Lesson 03 // repressed emotions
CONCLUSION	27:29	Helpful skills to move past imposter syndrome
	35:04	Recap