

CREATIVITY AND SELF CONFIDENCE

HOW DOES SELF ESTEEM IMPACT CREATIVE FLOW?

CREATIVITY IS FLEXIBLE

Creativity is not a fixed variable
but rather it is a reflection of
poor or positive self-efficacy.



DEFINING SELF ESTEEM

Self-esteem has to do with our
habits. It is how we view our
worth and value our abilities.

EFFECT OF SELF ESTEEM

Poor self esteem creates
mental blocks that hinder
creative flow.



CREATIVITY IN JOB PERFORMANCE

Corporations should prioritize
self efficacy in employees as it
is a key indicator of job
performance.



The relationship between creativity and confidence is linear. Confidence build focus which in turn, builds rhythm. Rhythm plays a key part in developing creative flow.