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How much does self-confidence affect creativity?
MA2 Rough Draft(outline)

Introduction

By default, the human species looks for patterns to explain things in the world and their personal lives. An easy pattern to recognize is that talented and creative people produce more creative outputs. This often follows with the misconception that our creativity is predetermined. Set. Remained unchanged by our naturally given talent. In this research project, I will explore what

We are often told, as we mature, to "just have confidence". I never took this advice seriously. I never thought confidence had anything to do with it. I assumed I just had to be talented and work hard. What I thought about my abilities had no impact on the abilities themselves. This idea came from a misunderstanding of how self-efficacy relates to creativity and productivity. As I got older, I recognized that it isn't a simple equation. There is a deeper reason why how we feel about ourselves translates in to creative output.

Materials and Methods

Defining Creativity and Self-Confidence: First, I have to define my terms. What is creativity? What is self-confidence? Creativity is the original production of ideas from one's own mind. Not what we've learned. Not what we've seen or heard. But what we have come up with and expressed. Creativity can be expressed through art, speech, work, academia, and much more. It is a reflection of our personality combined with our talent. It is often how we find our self-worth. Which makes it interesting that self-worth subsequently makes it bloom.

Self-confidence is twofold. It is the trust and security we have in our abilities and qualities. Along with our acceptance and contentment of those qualities.

To discover how these two concepts connect, I conducted a study of my daily habits. It was frustrating at times to document times I wasn't productive although for the sake of this study, it was convincing. I usually took notes on the notes app of my phone or on a seperate document if I was working on something from home. I would then collect this data each day and document it on a separate doc for a week. These observations covered my routine, my tasks, and how I was feeling that day. Was I productive? Was I creative? How so? Did I get distracted?

I covered what was going through my mind throughout the day. My thoughts both positive and negative. How I performed that day. At school, at work, at the gym, interacting with family, studying for the LSAT, and playing chess. I tried to get a

complete account of the mental blocks that prevented me from being productive to try to make a connection to my outside research.

On the topic of outside research I primarly looked for two things. Articles and blogs on the topic of self-esteem and creativity from the writer's personal viewpoint and psycological publications on why that is the case.

Results(Main body to be expanded on)

- If I do something I regret my mind tends to linger on that negative memory

- Those memories can trigger insecurites that I focus on rather than the task at hand

- These distractions make me look for other distractions

- Distractions pre-occupy your mind steering it away from creative use

- Less time for my mind to

- This affects me more when doing tasks that are more intellectual i.e LSAT prep or classwork as opposed to construction work or house responsibilities.

- As for the less intellectually stimulating tasks like cleaning, framing, and lifting despite participating in the tasks they are being done at much slower and less intense pacing causing belief that I am unable to work at a faster pace and not displaying my actual capabilities.

- Difficult tasks will seem daunting and it is my self-efficacy that will restrict me from overcoming obstacles rather than my abilities.

- When I presume I can not accomplish a task based on looking at it for the first time I tend to not complete it. I later realize I had the ability to complete it with ease when actually going through the steps.

- When I successfully accomplish something that I am proud of it subsequently turns on greater focus. Greater focus in turn opens more avenues for creative ideas to flow.

- This is backed by other creative professionals who advise silencing self-doubt as the most important step to maximizing success.

- This is backed by psychologists who confirm that creative output is not constant. It can fluctuate based on engagement.

- Familiarity with complex material has a strong relationship with job performance. This is because confidence that you can understcand complex topics or issues generates the realization that you are creative. This realization generates engagement. Engagement generates positive performance.

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