The key to finding clarity in your process and confidence in your visual identity

Lesson 1: Embracing limitations
Concept 1: Embracing limitations

**Answer 'Yes' or 'No'**

Do you find yourself dabbling with lots of disparate textile techniques?
YES ☐ NO ☐

Do you find it difficult to commit and go deep with any single technique?
YES ☐ NO ☐

Do you have lots of ideas but struggle to bring them to reality?
YES ☐ NO ☐

Do you find yourself getting overwhelmed by the possibilities of textile art?
YES ☐ NO ☐

Do you tend to procrastinate when it’s time to do the work?
YES ☐ NO ☐

Is your process a little confused or random?
YES ☐ NO ☐

What about your work? Does it sometimes feel like your results are inconsistent or unoriginal?
YES ☐ NO ☐

If the answer to any of the above questions is ‘yes’ maybe you have TOO MUCH creative freedom
5 myths about limitations

Let’s explore how you can reframe a perceived limitation of your personal situation and turn it into a possibility to become more inventive or resourceful?

1. Ever told yourself...?

“I need to know a wide range of techniques. If I stick with just a handful of techniques my work will be unvaried, samey and boring.”

How could using fewer techniques help you become more inventive?

2. “I need to know more sophisticated, innovative techniques, or my work will be trite, old fashioned and unoriginal.”

How can you push the boundaries of simple or traditional techniques and use them in more innovative and personal ways?
“I need to know a wide range of techniques. If I stick with just a handful of techniques my work will be unvaried, samey and boring.”

How could using fewer techniques help you become more inventive?

“My other commitments mean I simply don’t have time for a meaningful art practice. I need to work on my textile art full time or what’s the point?”

How can you make the most of short pockets of time so you at least get started on a regular practice?

“I’ve tried this before and it hasn’t worked. I’ve done art courses and textile workshops and I still failed. I have no imagination. I just wasn’t born with natural talent.”

How can you seek out a new path that you haven’t explored before?
3 Creative blocks

How do you think embracing limitations could help you overcome these 3 creative blocks?

1. Creative Block 1: Not knowing how to get started

2. Creative Block 2: Confusion and disappointment

3. Creative Block 3: Falling back on repetition or imitation
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