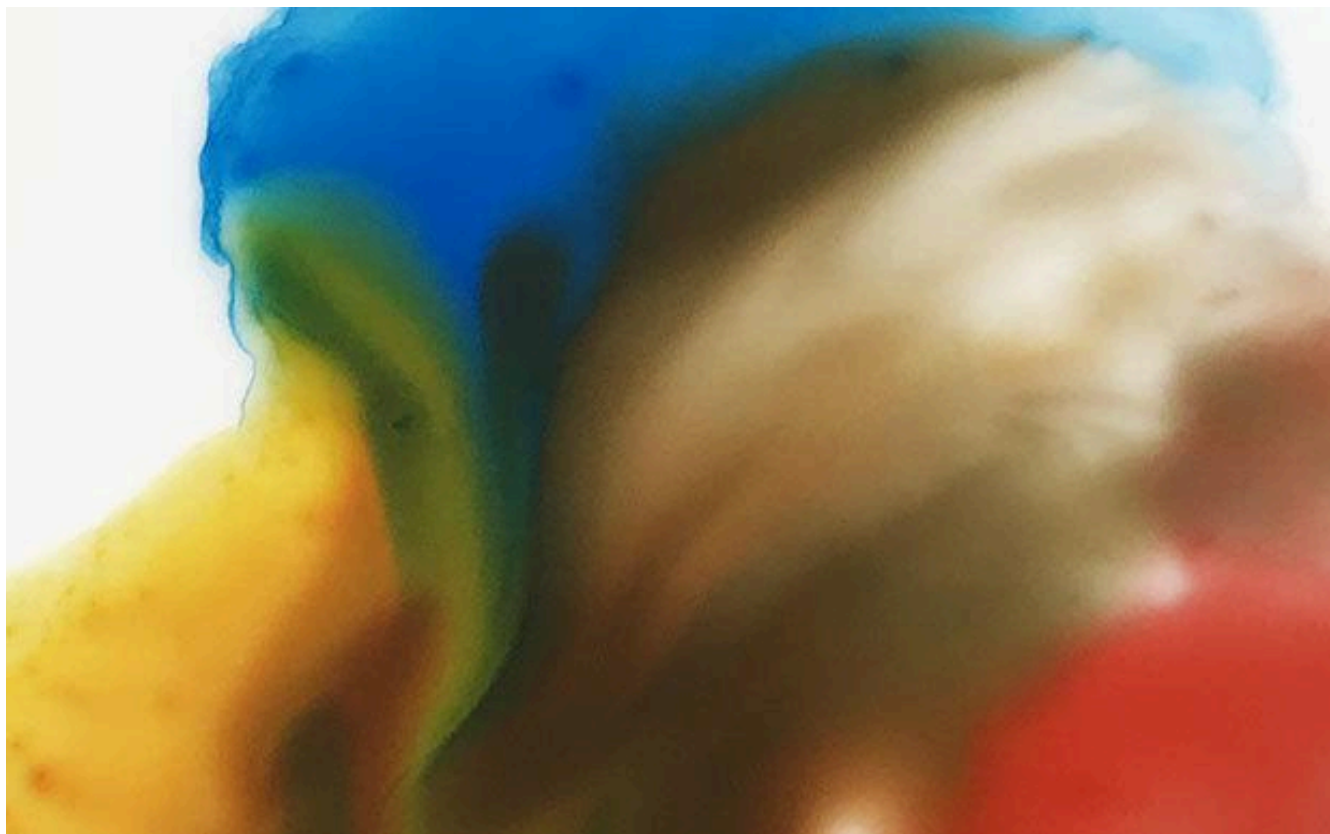




Watercolor Affair Premium Worksheet

Shifting Your Mindset for Watercolor Success – Activity Worksheet

A practical exercise to help you overcome doubts, reframe fears, and get started with watercolor with confidence – one small step at a time.



by **Anthony** - watercoloraffiar.com

(Download this worksheet to your computer and print out the pages as you need them)

If you ever catch yourself having a negative thought, pause and reframe it into something that helps you move forward instead. Remind yourself, “That’s a thought, not a fact.” Then flip it into something more helpful. Instead of, “I can’t do this,” try, “I’m an artistic person, and I’m exploring my creativity.”



Step 1: Identify Your Thoughts & Fears

Take a moment to reflect on how you feel about learning watercolors. Grab a notebook (or print out this worksheet) and answer these questions honestly:

- **What excites me most about learning watercolors?**

- **What am I worried about?** (e.g., "I might waste materials," "I'm afraid I won't be good at it")

- **Have I ever told myself, "I'm just not artistic" or "I don't have the talent for this"?**

- **What do I think I need to succeed with watercolors?**

Write your thoughts freely - there are no wrong answers. The goal is simply to bring these thoughts to the surface.

Step 2: Reframe Your Fears into Growth-Focused Statements

Now, take each fear or limiting belief and turn it into a **positive, growth-oriented statement**. Here are some examples:

Fear / Limiting Belief	Growth-Focused Reframe
I might waste paper and paint.	Every page I use is part of my learning journey.
What if I make mistakes?	Mistakes are where the real learning happens!
I don't have natural talent.	Art is a skill - every brushstroke helps me improve.
I'm afraid of ruining my paintings.	Every painting, good or bad, teaches me something valuable.

Now, rewrite **your own fears as positive statements**. This is a mindset shift that will help you **stay motivated and keep going** when things feel frustrating.

