**Research Assessment #6**

**Date:** October 26, 2018

**Subject:** The Power of Positive Thinking

**MLA Citation:**

Intasao, Nujaree and Ning Hao. “Beliefs About Creativity Influence Creative Performance: The

Mediation Effects of Flexibility and Positive Affect” *Frontiers in psychology* vol. 9 1810. 24 Sep. 2018, doi:10.3389/fpsyg.2018.01810

**Assessment:**

 For my sixth research assessment, I read an article that detailed the positive effects of creative self efficacy on creative output. Essentially, it was a scientific study on how positive thinking and self confidence regarding one’s creative ability results in better creativity and performance. While it was written in extremely academic and scientific language, the essential message of the importance of positive thinking broadly shined through. It actually surprised me that there was an actual study on the power of positive thinking, since I never thought people paid much attention to the positive side of mental health. Mental health in general is still a social stigma, which should not be the case, but studies like this are giving me hope for the future. No one should be doubting the power of believing in yourself and achieving confidence, since it has been scientifically proven to be better for your overall productivity!

 Personally, something I struggle with often is believing in myself and my ability to write. I will start a piece and then right as I have written a few sentences I get hit with self-doubt and a heavy writer’s block that makes me put my piece away and never touch it again. This research is pertinent to helping me uncover the secret to beating writer’s block once and for all. I do not want to hinder my creative potential if I am trying to make a career out of it, so studies like this one are getting me one step closer to successfully finding answers. Having a fixed mindset is something that can’t be helped sometimes, since it is human nature to compete and compare. Yet, I have noticed that every writer starts off amazingly, making continual progress regularly and starting a collection of works that helps them realize that they want to pursue this for the rest of their lives. Then, something changes. What changes is actually the realization that they have potential, but then they get performance anxiety and fall into the negativity abyss that is nearly impossible to escape. I think it is necessary at times to doubt yourself, but there should be more confidence than doubt. I will definitely work on my confidence in myself, and have been slowly allowing more people to critique my work so I can more accurately gauge my strengths and weaknesses. Now that I know half of being creative is believing that I am, I feel pretty good about what is coming next with my original work and final product. I have basically figured out what I am going to create and and excited to start in November after most of my college applications are submitted.

 I am looking forward to continuing my research and looking for more ways to become a better writer through scientific studies and different techniques. It excites me to see all the progress I have made on my research thus far, and I am looking forward to looking through my compilation of information at the end of this year!