



**Learning something new is hard.** I wanted show that learning is a process that takes time, especially when it is something that can feel complex, daunting or overwhelming at first.

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There could be multiple components to your learning like software, projects, finding work and working with clients etc..

A lot of times we go through a cycle of moving outward in the circle to then feel like we move back inward toward the start.

There is growth that happens when you stick with something and it usually starts with some uncomfortable emotions like fear, worry, anxiety and doubt. Those are all a normal part of that process. As we grow and achieve more results with our hard work those negative emotions start to turn into really positive ones.

What is interesting is some of us reach a high layer/level in one topic to the have to start all over again in a totally new one. Do not feel discouraged by this as moving through these layers gets easier each time you do it.

The fear becomes less pronounced and you start to understand how it is worth it to get to the outer layers and begin to encourage others!

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Let's find out which layer you are on...



# WHICH LAYER ARE YOU IN?



## HINT:

Do not use this to "rank" yourself or to compare yourself to others. Each level is unique and important and there is no desired "perfect level". The key is trying not to rest in one level for too long. Growth comes from challenging ourselves to move outward, repeat and experience new growth.



# WHERE ARE YOU ON THE GROWTH CIRCLE?

## ● LEVEL 1 - FEAR

Most of us start with fear. Fear that we will fail at anything we start to learn. Fear can sometimes completely stop us from moving forward.

## ● LEVEL 2 - DOUBT

You will struggle. It might be learning a new software or tackling a new project type. This struggle turns to doubt. Just know struggling is normal as you are learning something that can seem overwhelming and complex at first.

## ● LEVEL 3 - HOPE

That doubt can subside when you complete a simple task. If you can complete this task why not something a bit more complex? Just one step at a time should do.

## ● LEVEL 4 - CONFIDENCE

Once you complete more complex tasks now you can start to visualize yourself doing what it is you are setting out to learn. Not further now until you start to "catch the bug" of learning something new.

## ● LEVEL 5 - PRIDE

Pride is addicting. Feeling proud of yourself is essential for helping you further grow outward. This might be you starting to share your work with the world and getting positive feedback. You are no longer totally paralyzed when it comes to pressing the share button.

## ● LEVEL 6 - SATISFACTION

When we start to take our newly learned skills and make money or gain employment from those skills we really start to experience a deep level of satisfaction. We have reached a point of minimal skill to provide a living for ourselves and families. The learning process is finally "paying off".

## ● LEVEL 7 - ELATION

Being able to provide financial results from our skills is sometimes not enough. Experiencing accolades, awards or promotions for our work encourages us to hone our skills so we can be more effective and feel valuable.

## ● LEVEL 8 - VINDICATION

This next level allows us to take our experiencing and train and teach others. This could be a move into a role where you manage or are responsible for others. For example, If you are a graphic designer than becoming an art director could fulfill this level. If you are a freelancer this could be hiring and managing a team to complete larger projects. This could also be creating educational resources (blogs, videos and posts) for others in your industry.

## ● LEVEL 9 - VALIDATION

When we find ourselves inspiring others to start learning our craft we experience true validation of our efforts. It makes moving through some of the earlier levels worth it as we see others struggle but grow outward. Being able to inspire others is the gift for those that have endured the process.

## ● LEVEL 10 - IMPOSTER SYNDROME

Fear and doubt never completely disappear from our careers as sometimes, even after many years of making wonderful process growing outward we can feel like we do not deserve the rewards of our labor. This goes right back to the negative emotions we experienced when we first started. Make sure to avoid getting stuck with this mindset for too long.

● **Sometimes starting over and learning something new can bring excitement back for you after spending a lot of time in a particular industry or skill set and can help elevate feeling burnout, bored or under or over appreciated.**