

# HOW DESIGN

# PAUSE. REWIND. REFLECT.

Debbie Millman, long time HOW speaker, friend and follower of HOW recently did a Digital Session with us. Here are some of our favorite take-aways from Debbie's Session.

[Visit our website for the full session!](#)



**Respect your ideas and lean into what scares you the most"**

*"It's easy to do things that are easy, but it's hard to do easy things over and over and over and over and over."*

*"You have to do what you believe is right. Not what other people are going to applaud you for."*

*"Do something you're really excited about, **NOT** something you think will be popular"*

**"Do it for yourself first."**

**"Practice a little bit for yourself first."**

*"Start small and then **grow**"*

**"Start any project with ten issues before publishing"**

**"Give yourself deadlines"**

**"Most creative people are really hard on themselves"**

*"If you want to do something, don't wait for someone to give you permission to do it"*

**"DON'T LET YOURSELF DOWN"**

*"Approach your ups and downs with a little bit more generosity to who you are"*

**DEBBIE MILLMAN**

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Co-founder Graduate Program in Branding at SVA