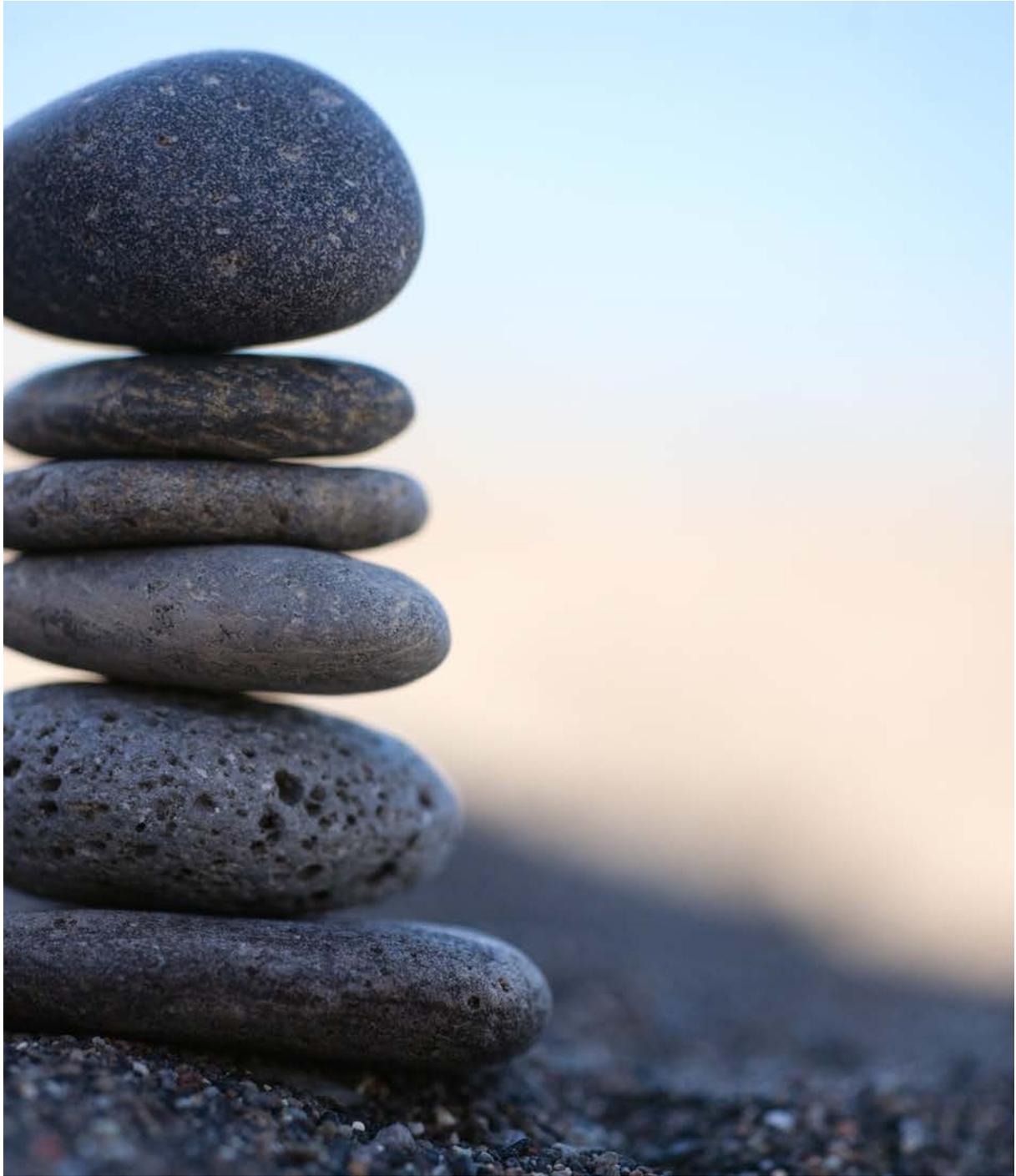




The Modern Creative
Woman Publishing Co.



The Modern Creative Woman
Creative Spirit



Creative Spirit
is a context from
which you can
experience and live
your life.

Presence - Mindset - Purpose



1

Presence

Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences. Your internal presence can be whatever you decide it to be in each moment of your life.



2

Mindset

Your mindset includes acceptance of what you are currently thinking and feeling as well as the circumstances you are facing. Acceptance of what currently exists is necessary before attempting to make any changes. Mindset also includes forging a new working relationship with your thoughts and practicing conscious & creative thinking.



3

Purpose

Your purpose includes both your personal values and the action steps you take in alignment with your values. It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.

PRESENCE

Present Moment Awareness & Yourself as Context

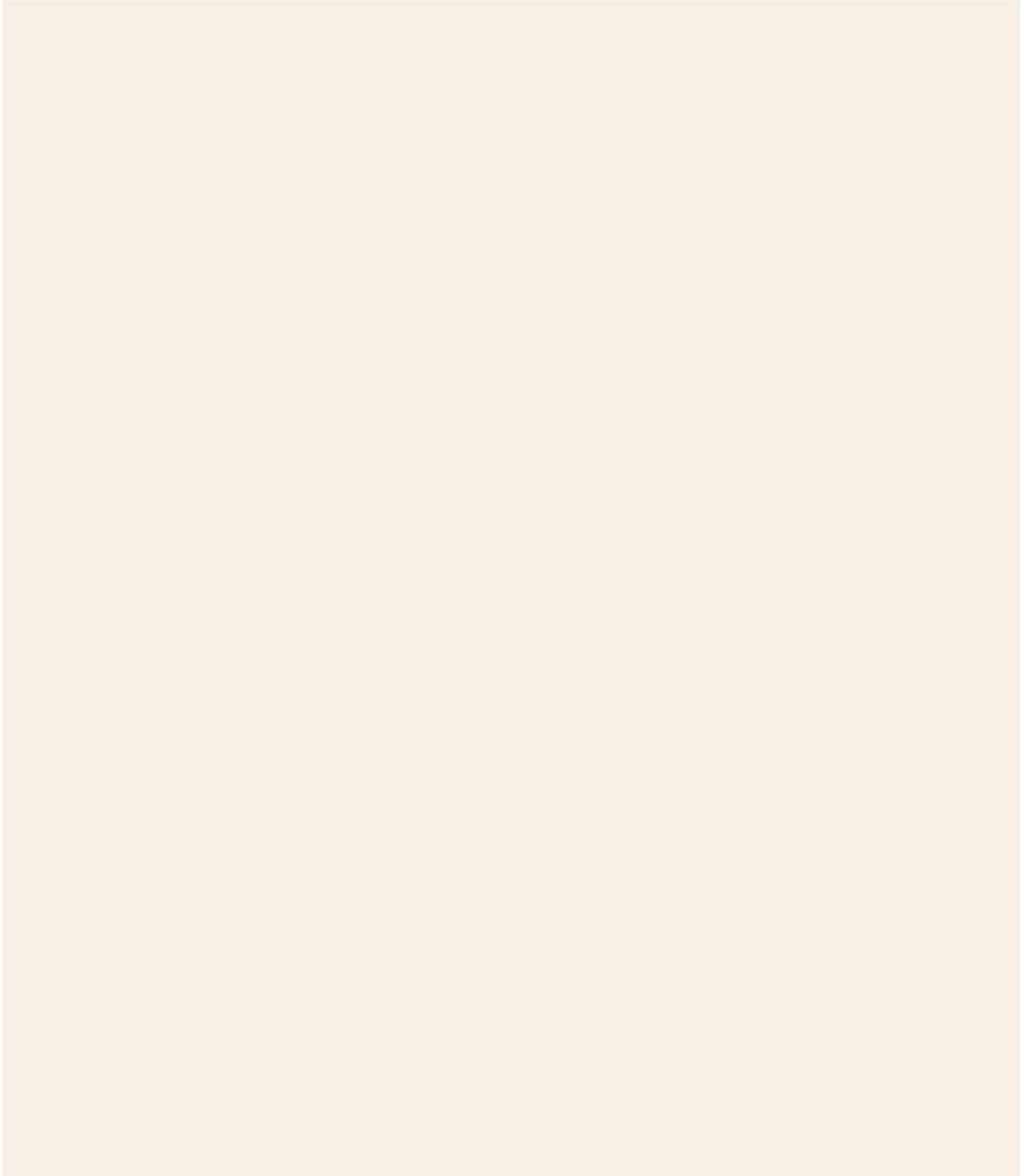
Presence - your ability to make contact with the present moment, separate from your thoughts and feelings about it. This means observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.

Self as Context - Seeing yourself as the context for your life means you are the anchor. Whatever happens inside of you (thoughts, feelings, bodily sensations) as well as whatever happens outside of you (people, places, circumstances) is separate from your experience as a human being. You might think of your "context" as your spirit, your core self, your essence. In other words, you as the context is the view of yourself as the person experiencing your life. For example: you are the journal on which your story is written. Rather than being the story itself, you are able to truthfully see yourself as the journal on which the story is written. Another example: You are the canvas on which you create the painting of your life. Instead of being the paint, you accurately see yourself as the canvas.

Remember, your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the context for your life experiences. Your internal presence can be whatever you decide it to be in each moment of your life.

INTENTION

What do you think your creative spirit wants to tell you?
Describe your intention for this workshop...what are you hoping to learn?



Your Creative Spirit

Write down examples of when your creative spirit showed up in your life. For example: something guided you to your next choice, suggested you slow down, kept you safe, helped you create authentic art, allowed you to generate an answer that surprised you, helped you have fun, or enjoy yourself.

01

02

03

04

05

06

07

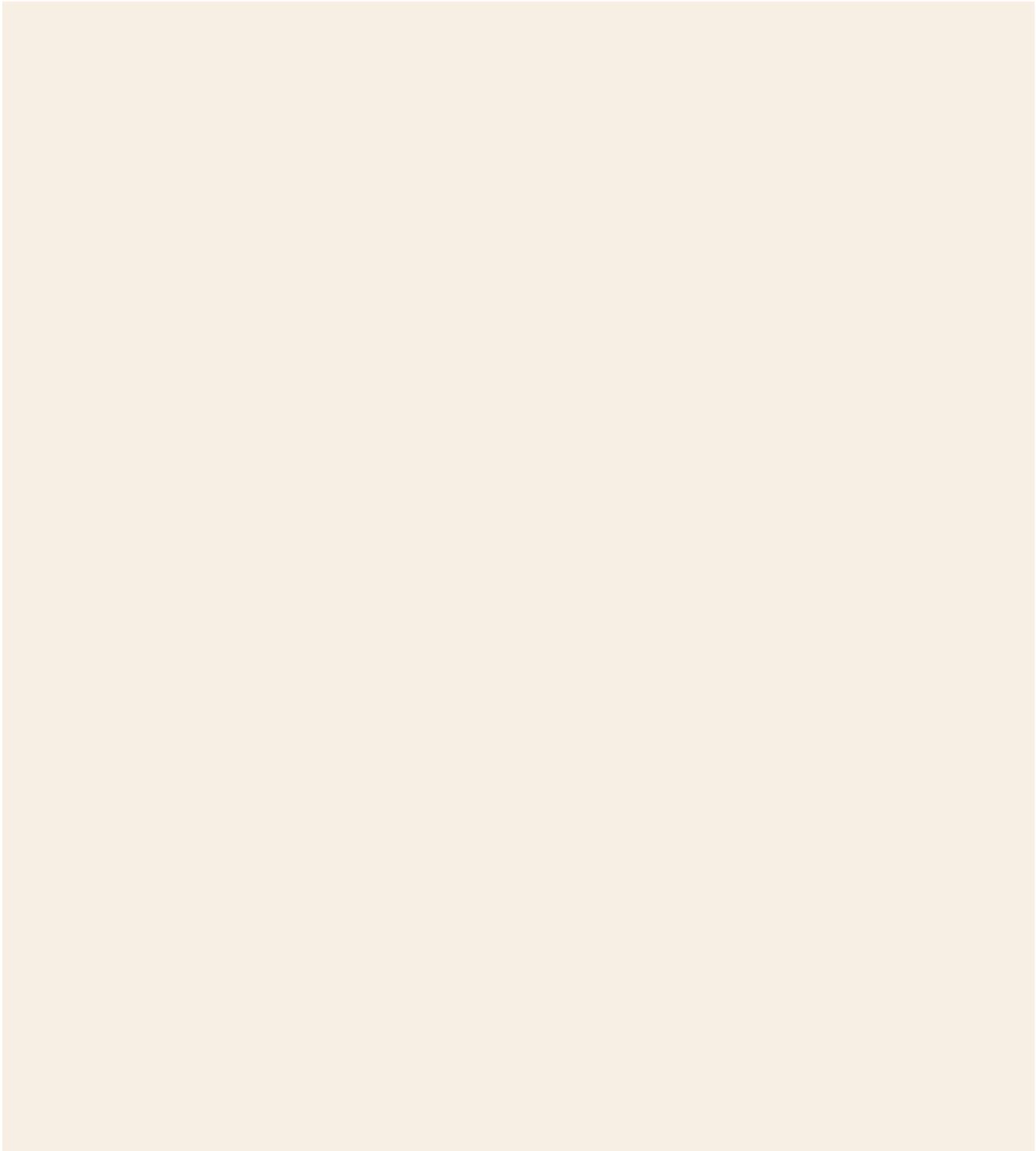
08

09

Tell the Story

Describe one of the examples from the previous page where you were inspired to feel or act from your creative spirit. Tell the story in third person as if you were observing it unfold. Example:

“Amy was inspired to...”



Moving Your Consciousness

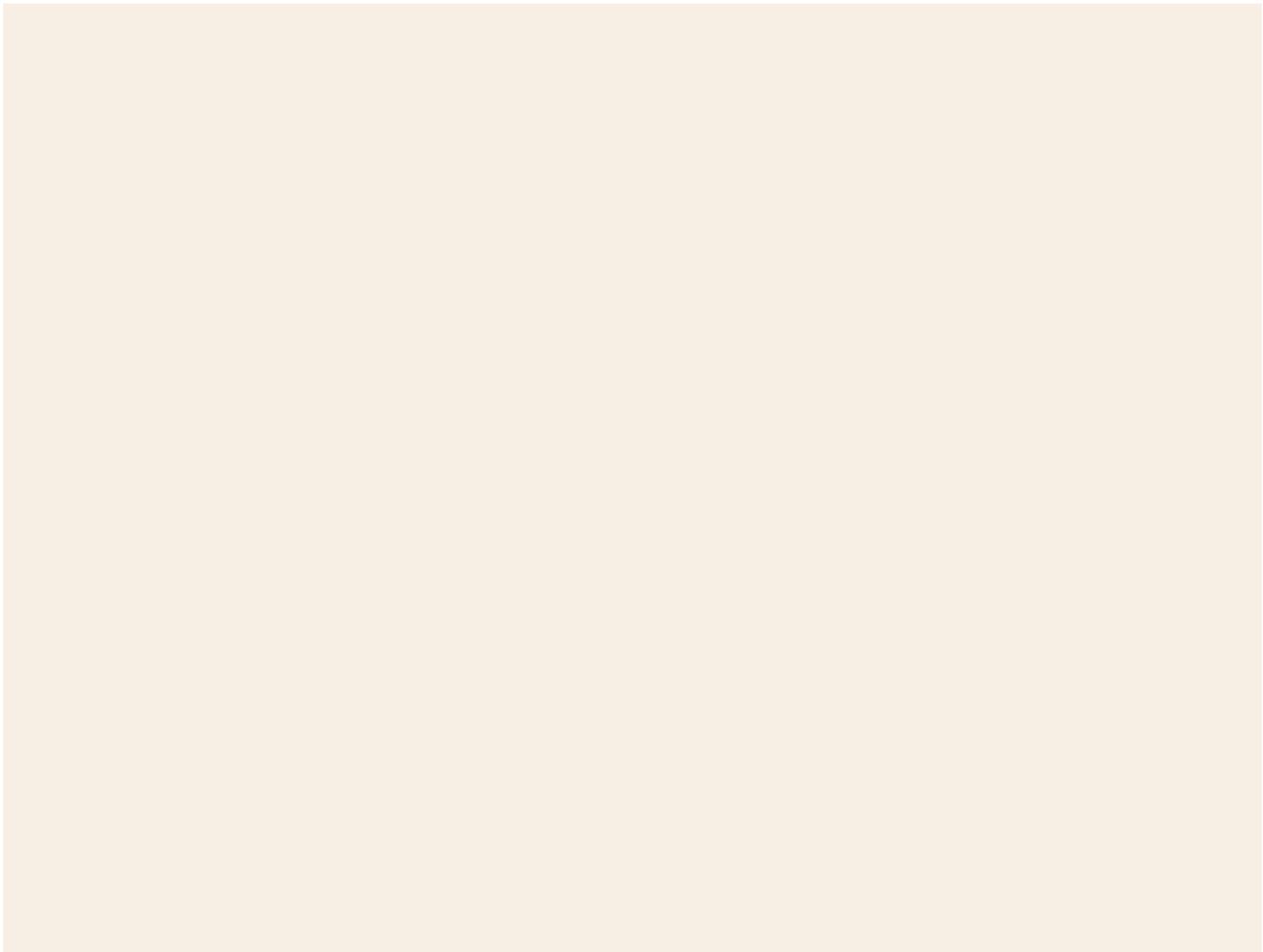
Where does your consciousness live in your body? Our human experience of consciousness is often imagined just behind your eyes and between your ears. Bring your attention there now. This part of the brain contains the verbal seat where thoughts and language originates. Thus, it makes sense that we might think our consciousness stems from this area of thought. However, thought is only a small part of your consciousness and unrelated to who you are or your creative spirit.

You can experiment with shifting your consciousness from the “thinking part” of your brain (behind the eyes and between the ears) to the “creative spirit” part of your brain.

Draw your attention to the thinking part of your brain and begin to shift your consciousness up to the top of your head and further towards your back. This space at the top of your head and closest to your back is considered the seat of your creative spirit consciousness. Bring your attention there now. You can even imagine your creative spirit extends past your physical head into the space above your head.

Set your timer for 2 minutes and keep your consciousness at the top of your head and nearest to your back. Focus it there and begin to let go of thoughts and into the experience of “being.”

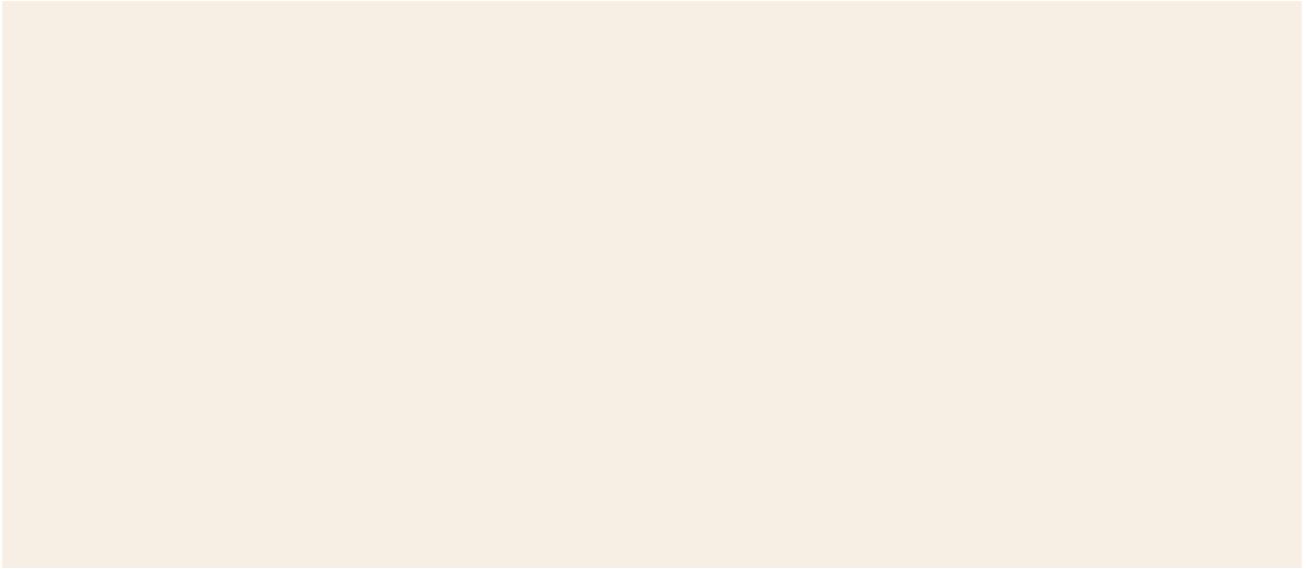
Draw an image of what you experienced keeping your consciousness at this upper and rear part of your brain. Give your art a title and write three words to describe it.



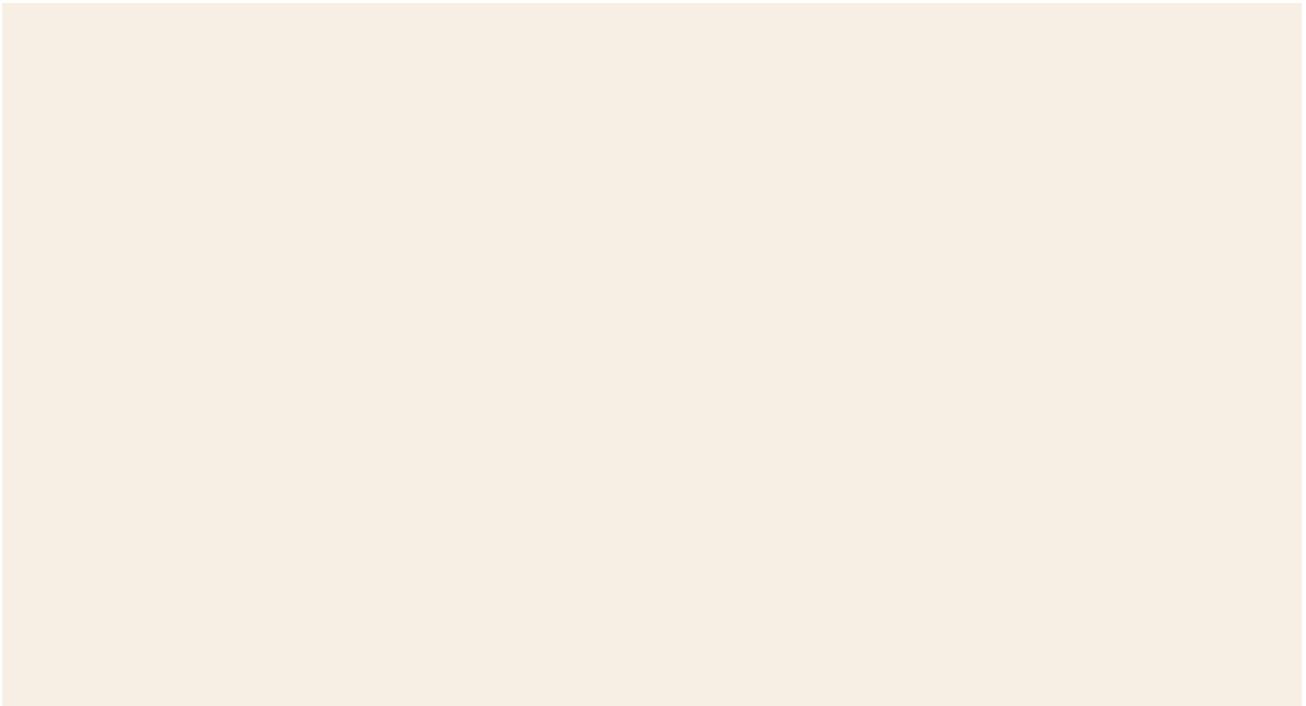
Moving Your Consciousness

Pause for a moment and notice your consciousness further back in your brain at the top of your head, towards your back. Select a relaxing song without words which is at least 2 minutes long. Ask yourself this question: "How can I be in the moment with full conscious awareness?" Reflect on this question from your creative spirit for the duration of the song.

When the song is over, write your answer below, describing your unique way of being in the moment with full conscious awareness.



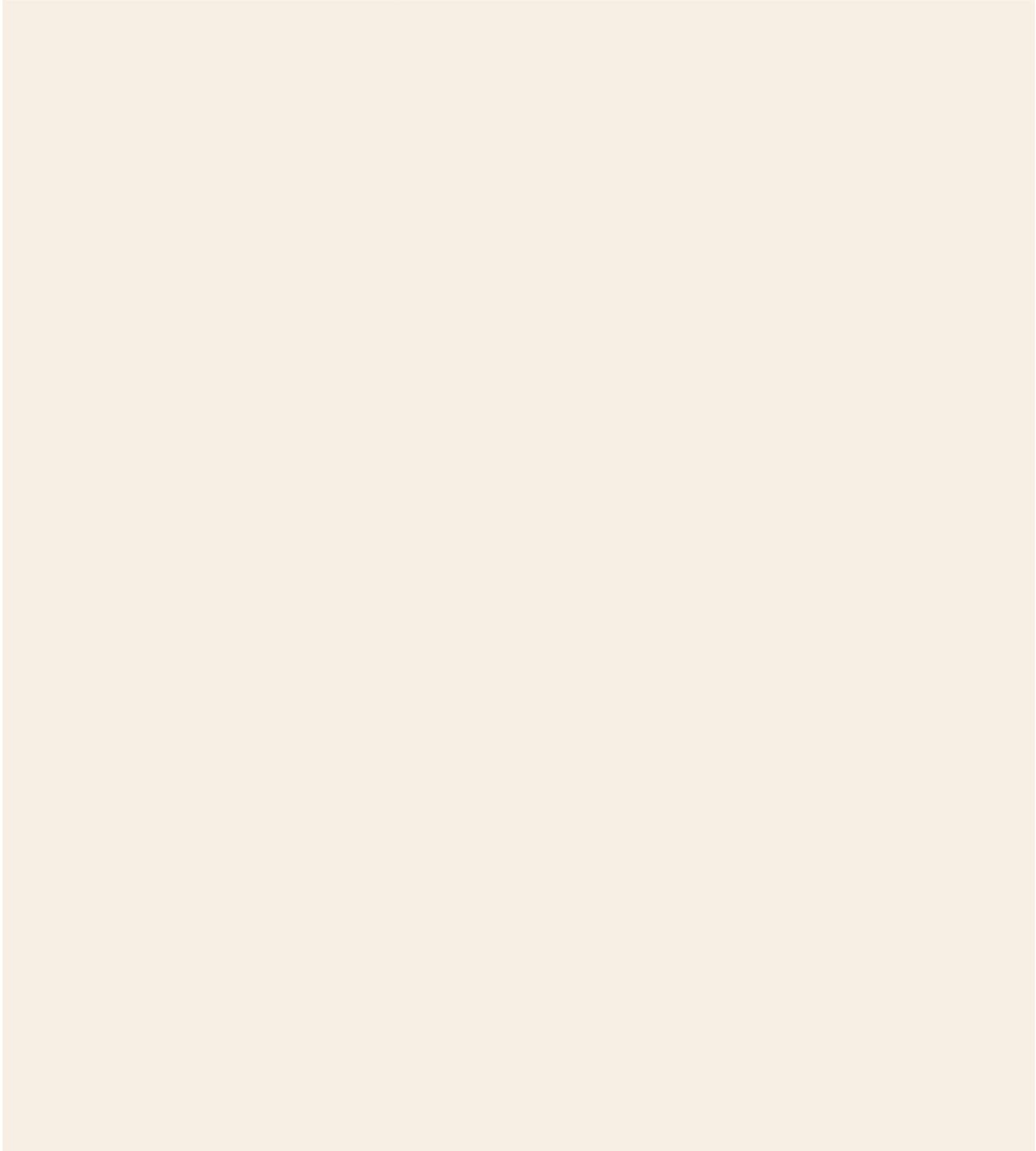
Create an image below to reflect the answer to your question. Represent the feeling you get using lines, shapes and colors. Give your art work a title and describe it in three words or phrases. You can also use thicker paper and use water color paints to express this part of your consciousness.



REFLECTION

Reflect on your creative spirit. Is this a new way of understanding yourself or have you been familiar with this aspect of yourself before?

What part of your life would you most like to apply your creative spirit? How can you use the exercise of moving your consciousness to change your experience in this area of your life? What are you most excited about?



MINDSET

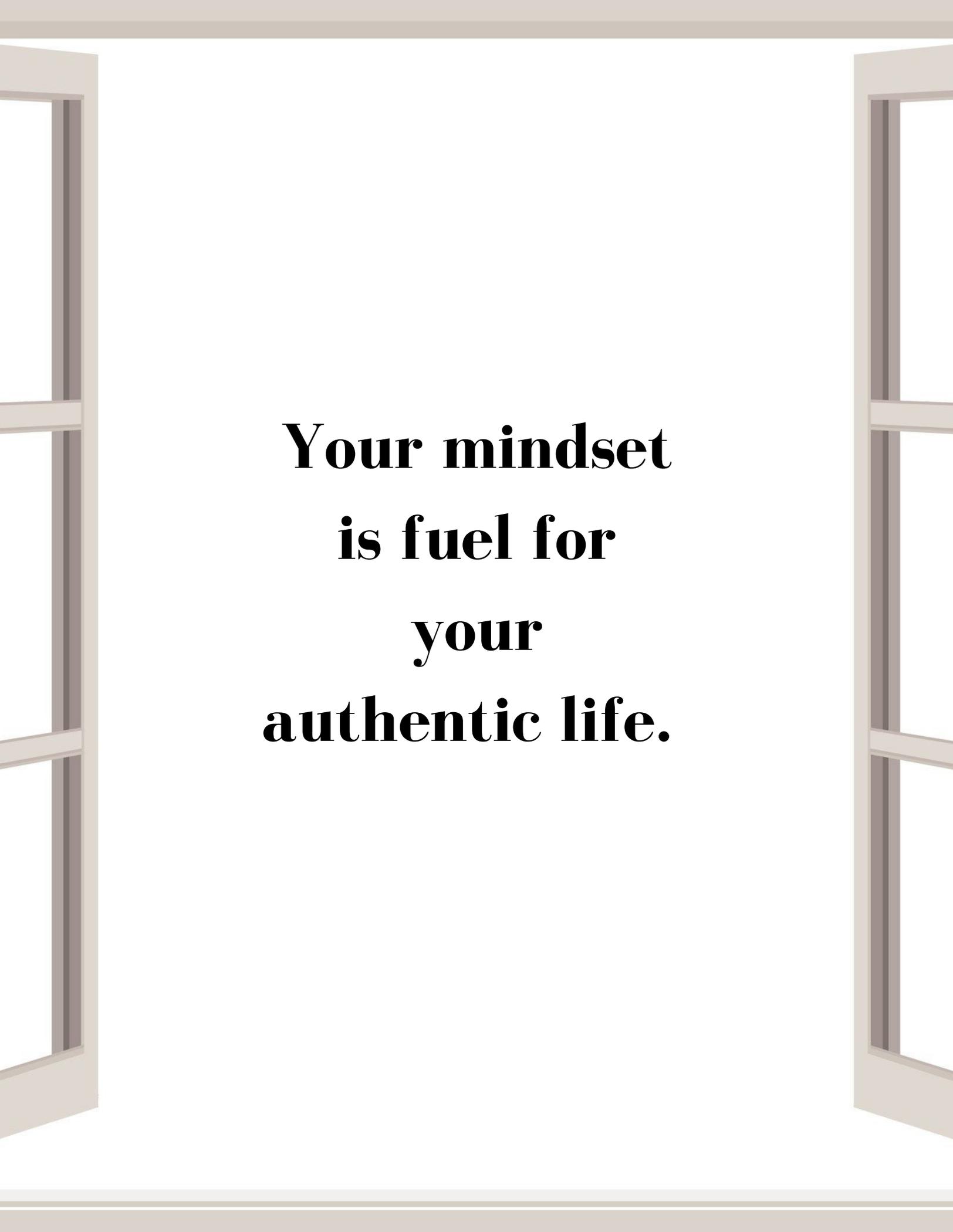
Acceptance & Relationship to Your Thoughts

Acceptance -Acceptance is your ability to see things for what they are. You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts. Acceptance is a core concept in changing your self-talk and beliefs about yourself. For example, if you have a negative thought about yourself, it is only a thought. You might be able to find piles of evidence to support your thought, yet a thought is just a thought. It is your brain firing - that is all. Acceptance also helps us be better in relationships by not taking things personally. For example, if someone says something to us, we can allow it to be what it is - just a comment.

Acceptance means we avoid distorting the comment into something negative or personal. This one change in your life can completely transform your relationship with your significant other, friends, family and coworkers.

Relationship to your Thoughts - Changing your relationship to thoughts frees you from negative self-talk and low self-esteem. Then you can transform your behaviors for health, recovery, and happiness. Your thoughts stem from your brain - not from your essence, spirit or core self. Thoughts are merely a product of your brain. Make your thoughts work for you instead of being swayed by negative thoughts. Start by observing: say "That is just a thought" each time you notice a thought.

Remember, your mindset includes acceptance of what you are currently thinking and feeling as well as the circumstances you are facing. Acceptance is necessary before attempting to make any changes. Mindset also includes forging a new working relationship with your thoughts and practicing conscious & creative thinking.



**Your mindset
is fuel for
your
authentic life.**

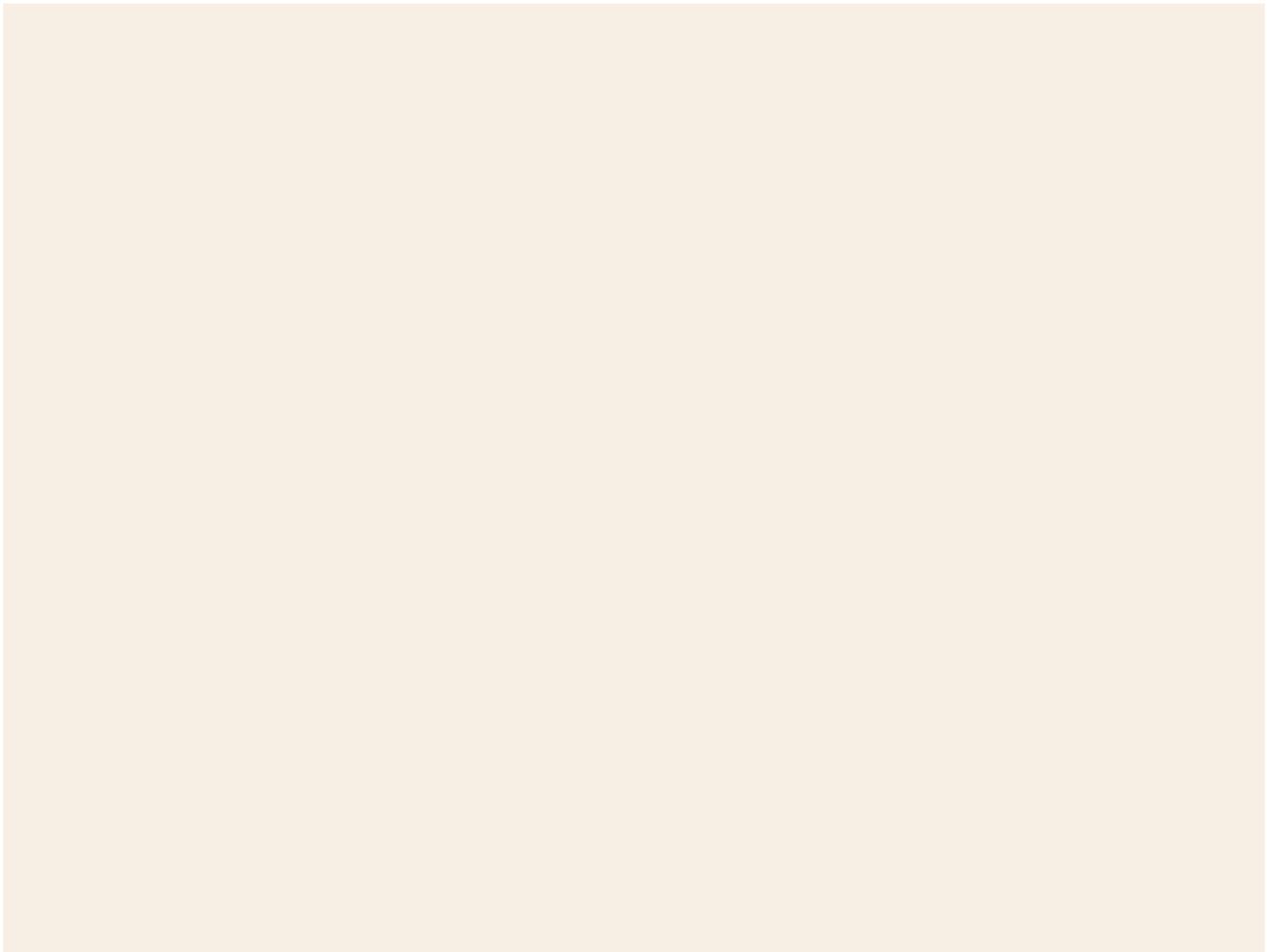
Grounding Your Thoughts

Grounding is a powerful mental and physical tool used regularly by dancers, athletes, artists, gardeners, therapists and many others. Grounding is an ancient practice and now researched with demonstrable benefits to help us feel calm in our body and clear headed in our thoughts.

- Physically, grounding is done by directly connecting to the earth's surface. Putting your body in contact with the ground (eg. bare feet in the grass, hands in soil to plant, etc.). Research shows that touching the earth leads to physical and health benefits (eg. improved sleep, altered immune function, reduction in inflammation, improved mood, reduced pain and soreness).
- Mentally, grounding is done by settling your body. It first involves becoming aware of your body in contact with the ground, floor, chair, etc. Next, it includes centering your mind on what is important in that moment (eg. values, generating a desired emotion, focusing, etc.).

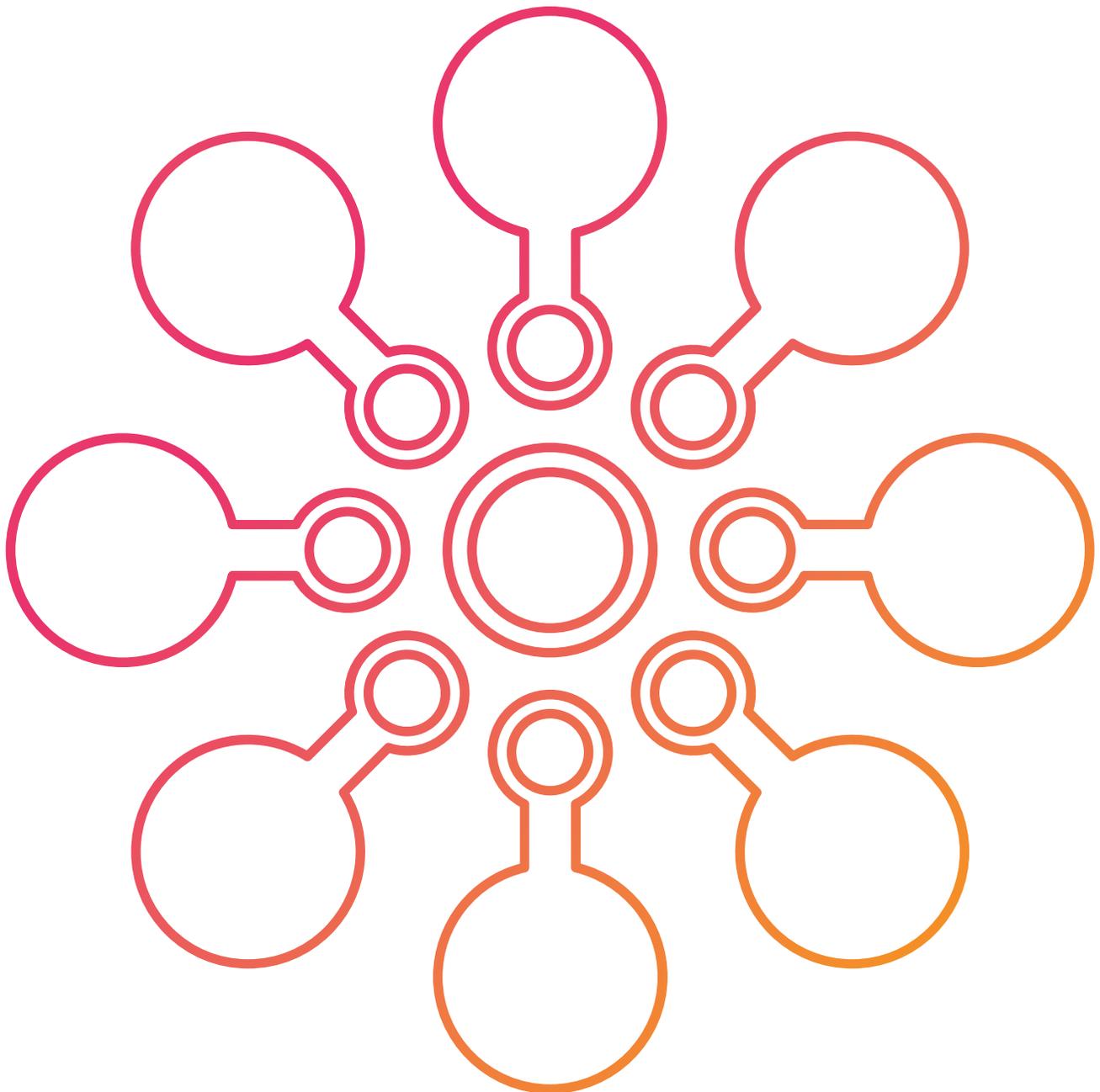
Ground yourself for 20 minutes by walking outside in your bare feet, placing your hands on the ground or digging in the soil or sand at the beach. If you live in a city or it is too cold outside, you can sit in the sun, take care of your house plants, hold a rock, take a salt bath, visualize yourself with your bare feet in the earth.

Reflect on your experience using grounding by drawing and writing about what you noticed. Give special attention to your emotions and how your body felt physically during and after grounding.



Mind Map of Grounding

In the middle of the mind map, write a topic where you would like to ground yourself. In the surrounding boxes, write and draw whatever comes up. Focus on grounded thoughts, feelings and actions. Work quickly and be spontaneous. See what emerges and don't judge as you write and draw whatever comes to you.



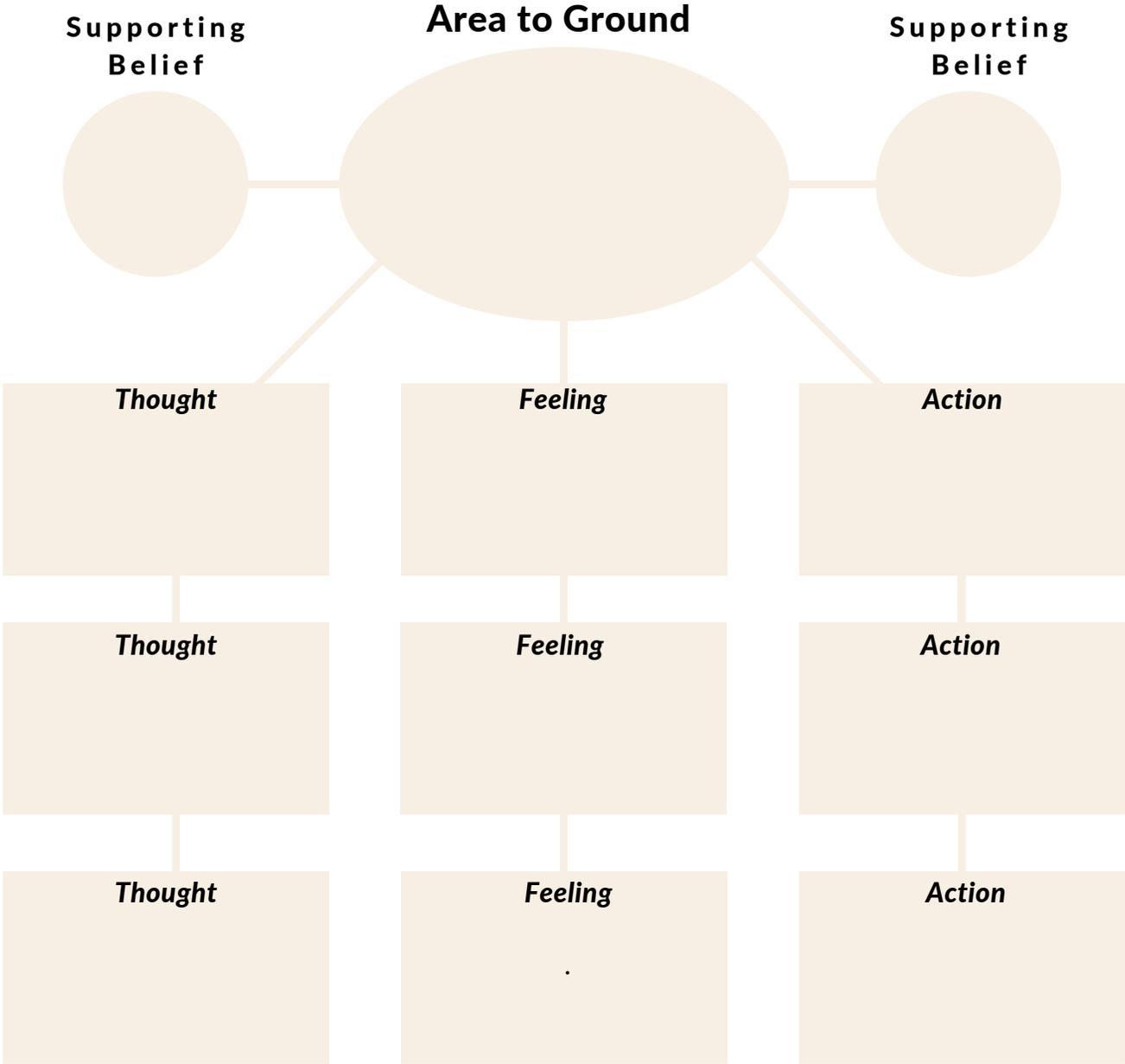
Reflect on your Mind Map

Reflect on your mind map and make some notes below. Consider how you can support your thoughts, feelings and actions using grounding. How do you want to feel? What thoughts do you need to think? What actions do you need to take to feel grounded?

When you are done, go on to the next page and organize your ideas on the chart.

A large, empty, light beige rectangular area intended for writing reflections. It occupies the majority of the page below the instructions.

Grounding

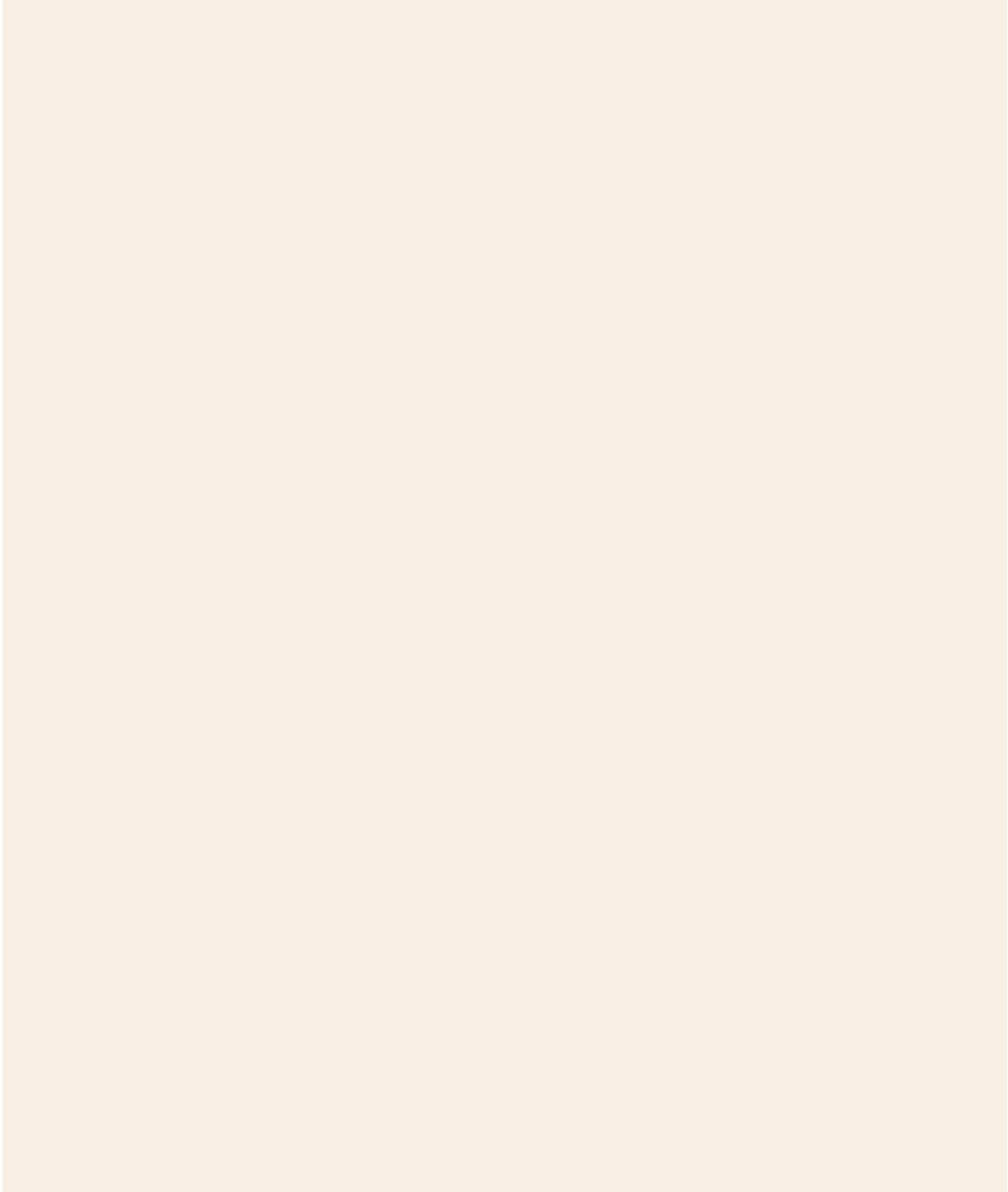


SUMMARY

A large, empty, light-brown rectangular box intended for a summary of the grounding process.

REFLECTION

Reflect on what you noticed this week in grounding. What will you remember about this week?
Avoid judging yourself for what you did or did not do.



PURPOSE

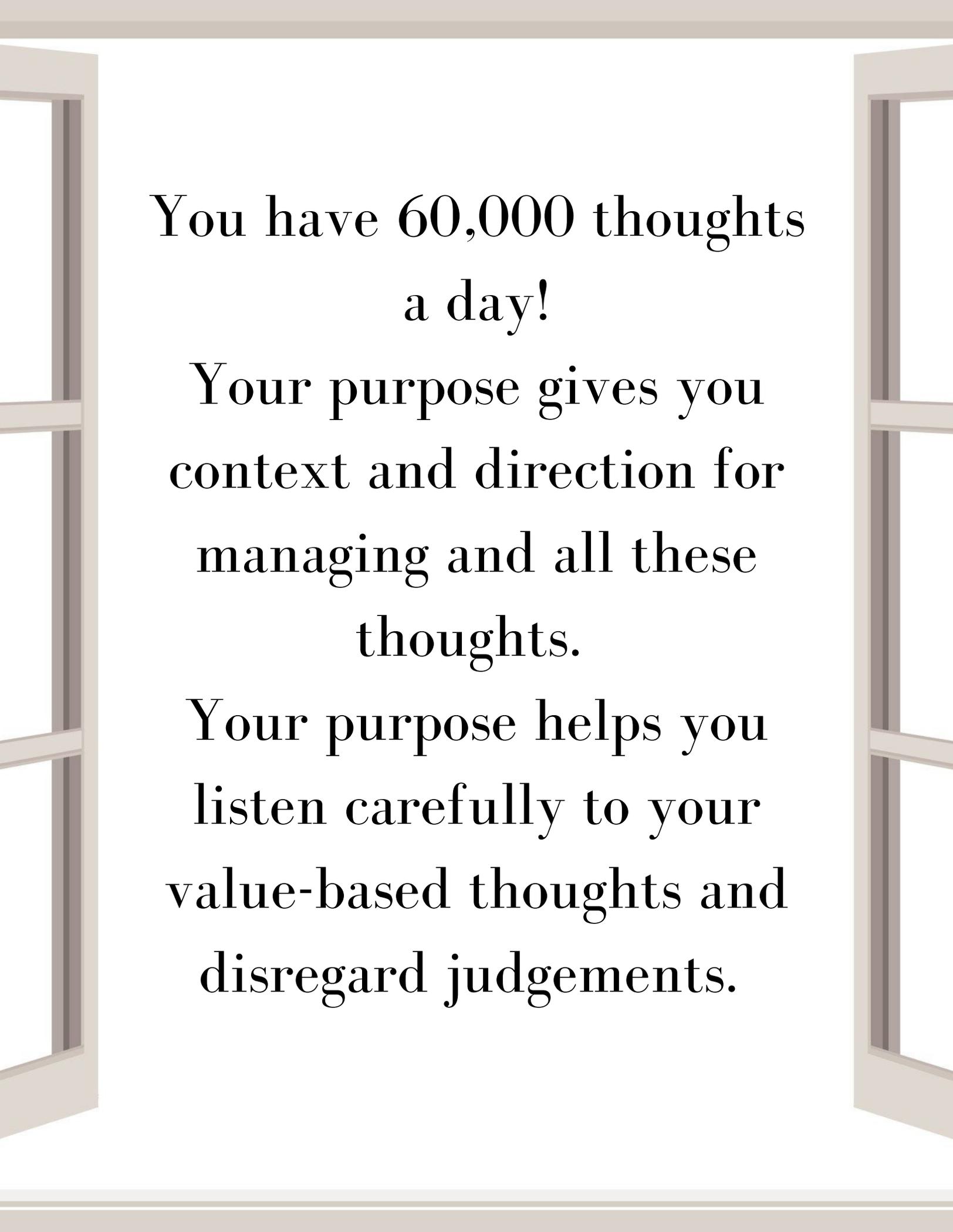
Your Values & Committed Actions

Your purpose includes both your personal values and the action steps you take in alignment with your values. It is through your purpose that you engage with your life, choose what is most important, and make committed actions to demonstrate your values to yourself and others.

Purpose - your chosen presence and actions in the world. Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.

Values - what you decide is most important to you. You have values in many areas such as, health, intimate partner relationship, education, family, friendship, parenting, sports, spirituality, work/vocation, community, creativity, service, school, personal development, hobbies, etc. Your values are what YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing. For example you might value honesty in work. When you come across someone being dishonest at work, your values help you commit to acting honestly, even if you feel resentful, angry or tempted to become dishonest when you work with a dishonest person.

Committed Actions - how you demonstrate your values through your actions. Your actions directly reflect your values. Committed action is how you show your values to yourself and the world. Notice this is action, not thoughts or beliefs. If you live your values, they will show in your behavior. For example, if you truly believe in your health, then your behavior will show it through healthy food choices, exercise, managing your mind, learning what you need to know, practicing body care, and investing time and money in your health. If you only think or talk about your health, then it is a wish, instead of a value and committed action.



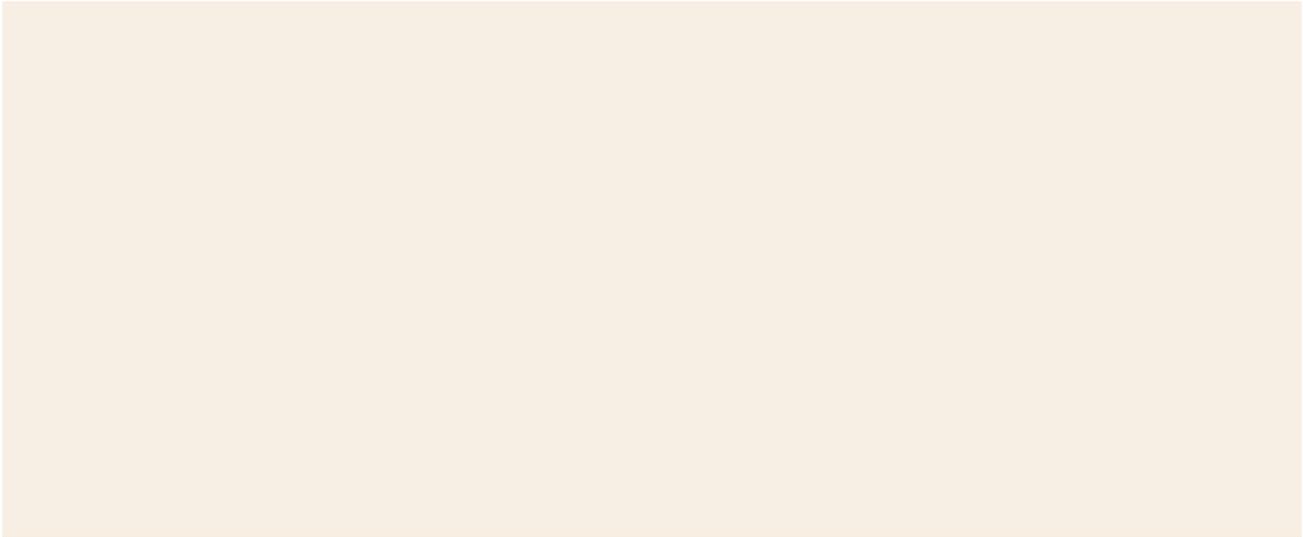
You have 60,000 thoughts
a day!

Your purpose gives you
context and direction for
managing and all these
thoughts.

Your purpose helps you
listen carefully to your
value-based thoughts and
disregard judgements.

My Modern Creative Why

Revisit your “Modern Creative Why.” This is what is currently guiding you, your reason for doing what you do. Remember, your why is aspirational and inspiring. Write your why below in a clear, aspirational, and exciting way. It is ok if you are uncertain or if you feel like your why is not yet possible. Avoid delaying on this writing exercise. Move into your consciousness and write whatever comes to you. You can keep revising your Modern Creative Why as time goes on.

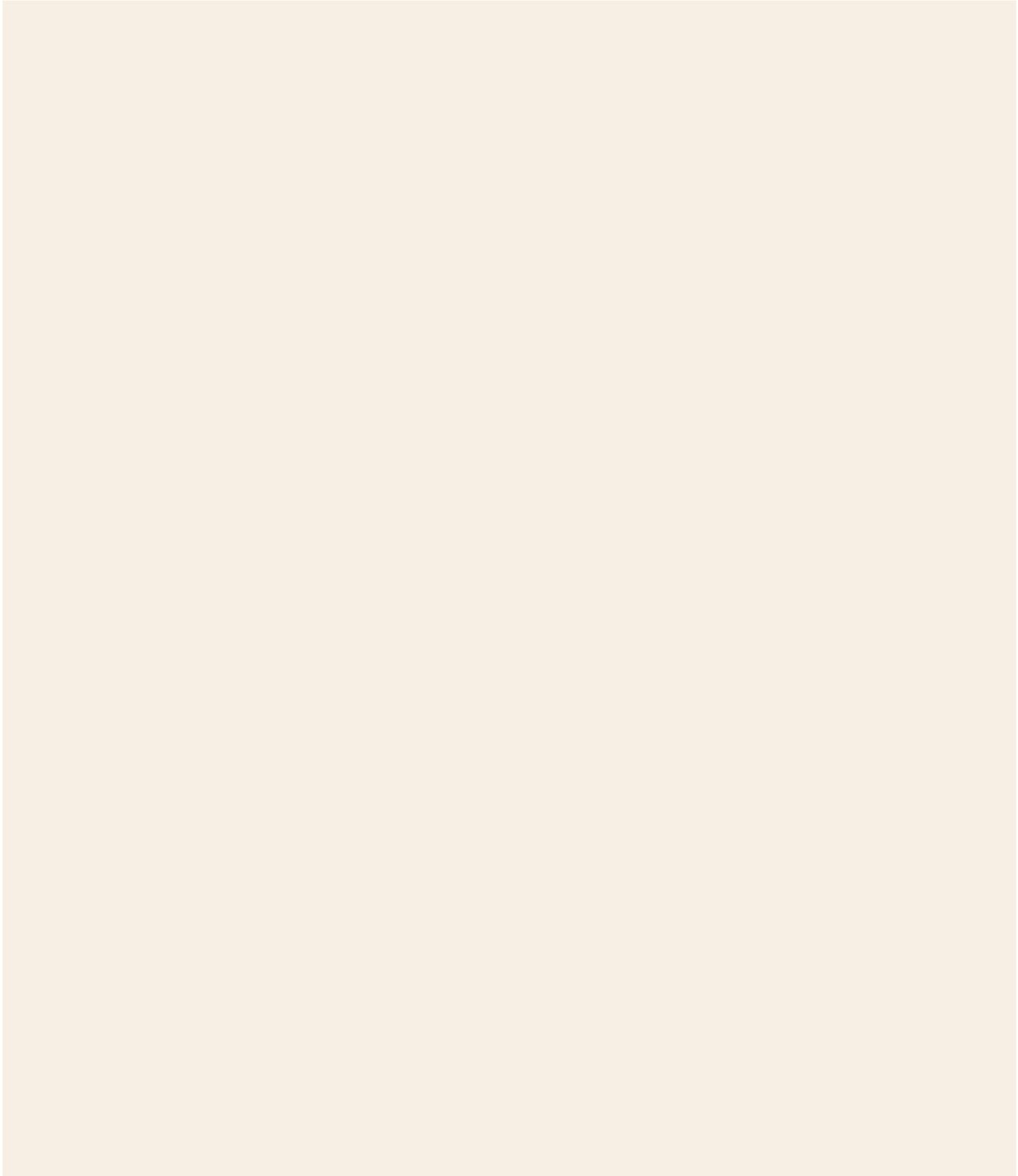


Create a simple design inside the circle to reflect your feelings and energy about your “Why”. Use your consciousness and creative spirit. Be spontaneous. Write down three words to describe your design and give it a title.



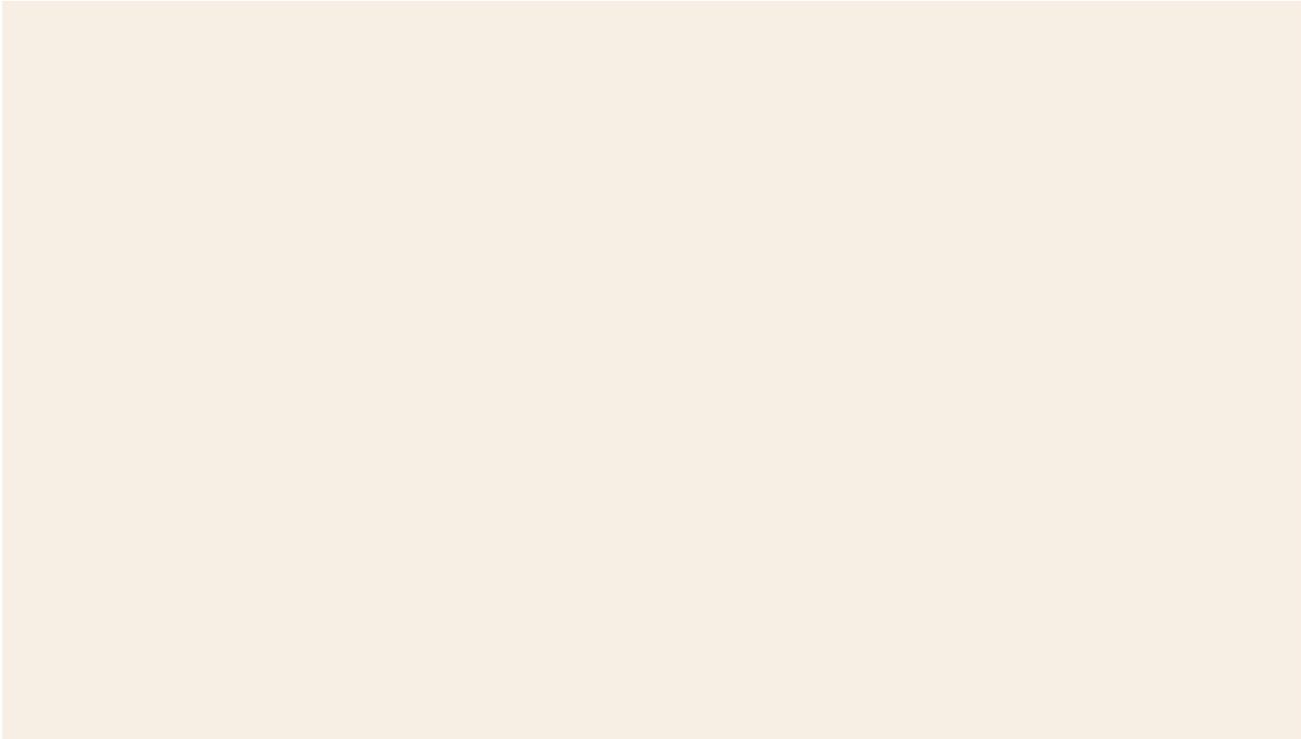
Creative Spirit

What does your creative spirit know that your day-to-day thoughts do not know? What is special about working from your creative spirit? What does this part of you give you that your thoughts are unable to provide? How do you feel about this part of yourself? What is the best part of your creative spirit?

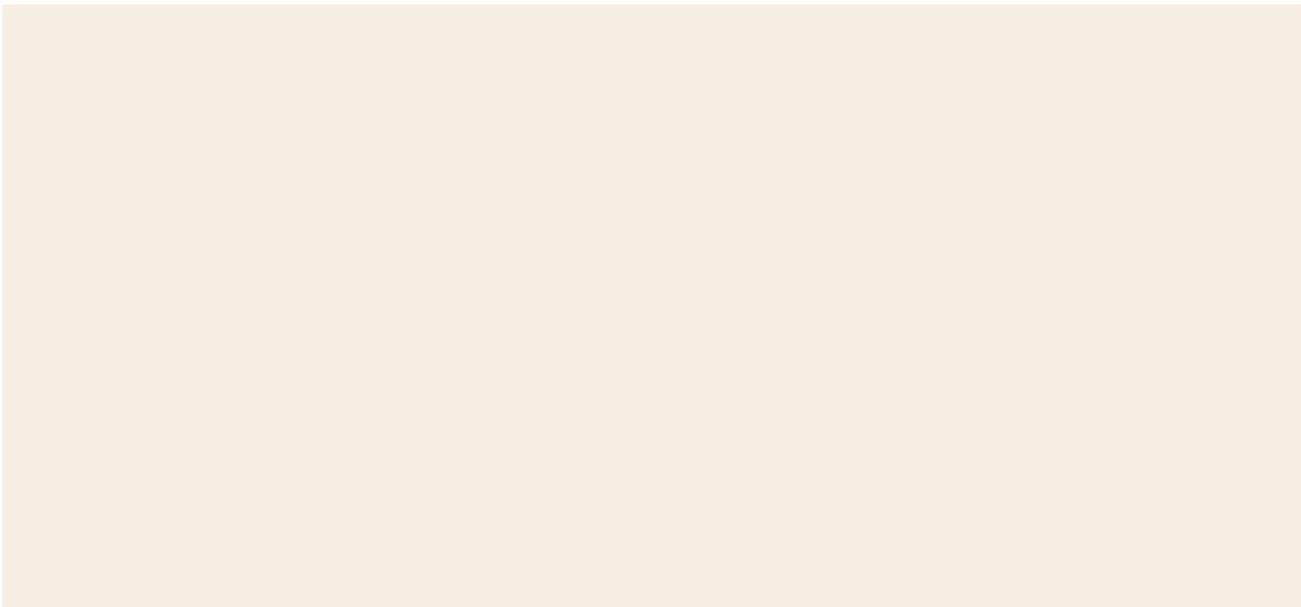


Gratitude

Write three aspects of your creative spirit that you are grateful for right now. Next, describe the value that each of these aspects bring to your life.



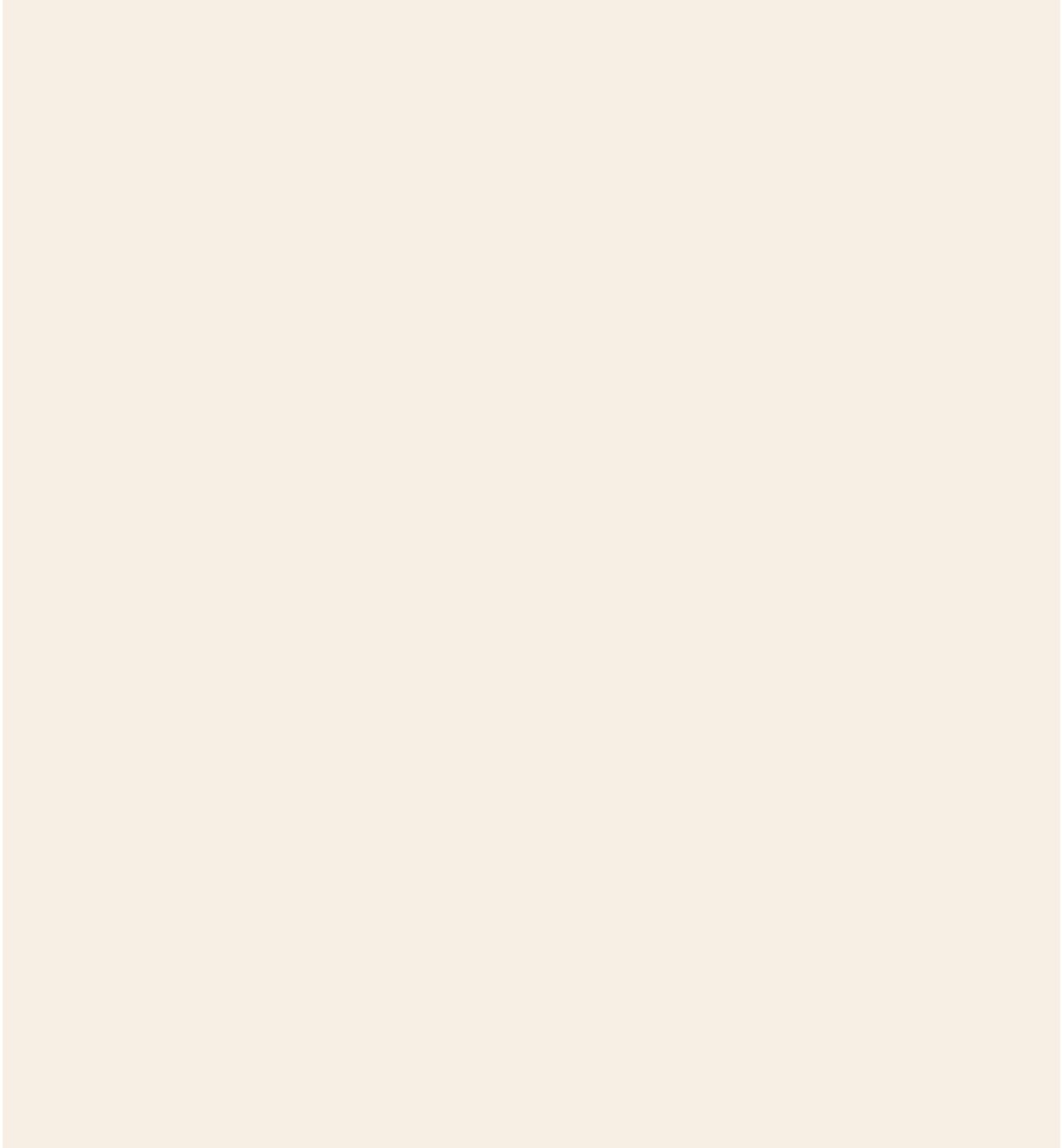
How can you show gratitude for this part of yourself today? For example, you might share the idea of creative spirit with a friend or family member and tell them about the places in our brain associated with consciousness. Using your creative spirit to make your inner and outer world a better place is another way to show your gratitude. For example, you can use your creative spirit to bring you patience, calm, ease, or help you solve a problem. Write below your plan for using and showing gratitude for your creative spirit today.

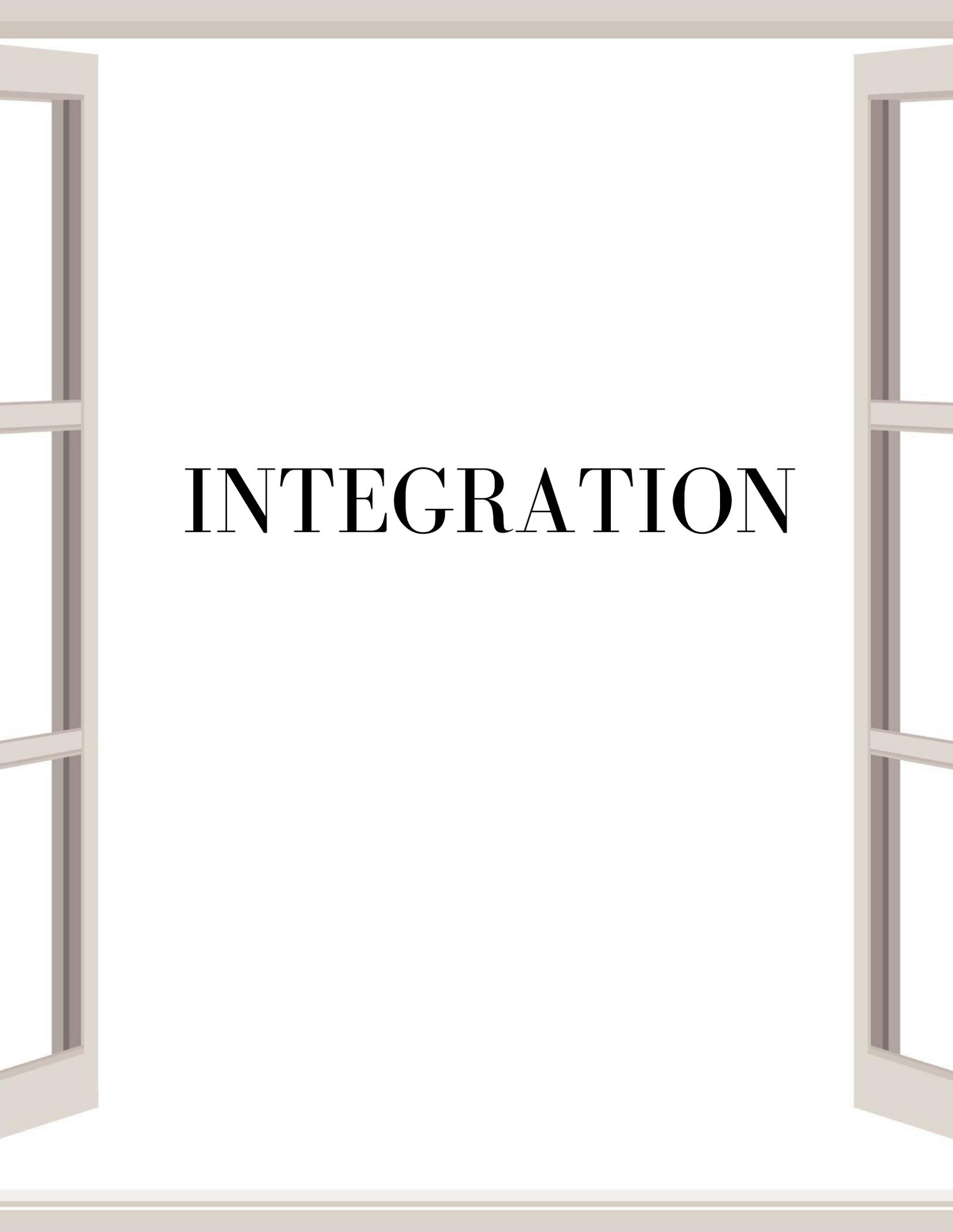


REFLECTION

What was it like to get in touch with your creative spirit this month? Are you excited, energized, curious, motivated? Something else?

Whatever you feel is ok! Remember, exploring your creative spirit requires self trust and belief in new ways of thinking and being. The point is to enjoy working with your creative spirit and and move towards what you most enjoy and desire.





INTEGRATION

Celebrate!

Recognize and celebrate your presence, mindset and purpose this month. Celebration creates motivation for your next level of growth and change. You can celebrate anything you accomplished, a time you remained calm under stress, your self care, a new way of relating to your thoughts, your increased time in the present moment, your creative expressions, your actions in line with your values - anything you do should be celebrated!

1

How I increased my presence
this month...

2

How I focused on my intentional
mindset this month...

3

How I explored and lived my
purpose, values and committed
actions this month...

4

The celebration I will have this
month...

(flowers, book on aesthetics, manicure, etc.)

Creative Spirit

You have completed a month focused on your Creative Spirit! These exercises opened you to new ways of understanding your purpose by finding different places from which to source your ideas and inspired actions. Use your creative spirit in any area of your life!

I am delighted you joined this community of Modern Creative Women who are living more compassionately and making the world a better place. Living your values and passions is part of creating a better world. Imagine if everyone focused on living their values...the world would be a happier place indeed!

If you are excited about continuing this work, reach out to The Modern Creative Woman for a list of programs, workshops and retreats. For the ultimate creative glow-up, consider a custom-designed VIP package in San Francisco, Paris or online.



It is my pleasure to share the evidence-based information which has helped people all around the world. I look forward to hearing from you about what you learned in this workbook. Please send me a testimonial that I may share with others so they know the benefits of being a Modern Creative Woman.

A handwritten signature in black ink, appearing to read 'Amy'.

Amy Backos, PhD, ATR-BC

RESOURCES

01

Art Therapy Center of San Francisco

Center for creative expression, psychological wellness, positive psychology and value-based living. Email for complementary 20 minute consultation. Amy@amybackos.com

02

Instagram: @dramybackos

Join me each Friday at noon PST while I gently guide you to strategies to live a meaningful and joyful life.

03

Podcast: The Modern Creative Woman

Your go-to resource for the art and science of creativity. Topics coincide with the Modern Creative Woman membership. New episodes drop every Wednesday.

04

Book: ACT Art Therapy

By Dr. Amy Backos

A book about how to live a value-based life using mindfulness, creativity, and connecting to your highest self.

