



The Modern Creative
Woman Publishing Co.



The Art & Science of Holistic Love

The Modern Creative Woman

Presence Mindset Purpose



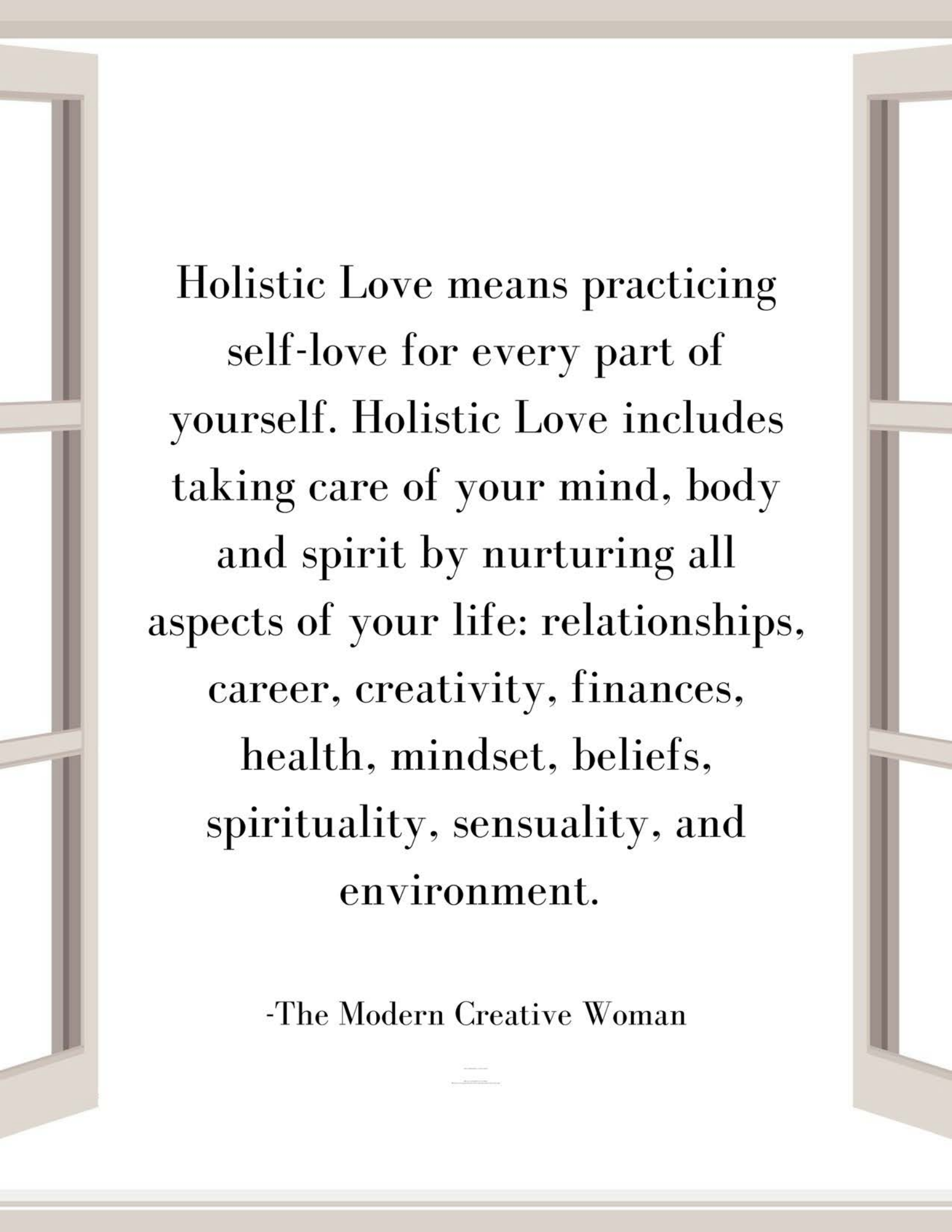
- Make full contact with the present moment.
- See yourself as the 'context' for all your life experiences.
- Get out of your mind and get into your life.



- Acceptance of your thoughts, feelings, and circumstances as they are, rather than what you think they should be.
- Forging a new working relationship with your thoughts.
- Practicing conscious & creative thinking.



- Your personal values about what is most important to you.
- Daily movement towards your values
- Committed actions in alignment with your values and Modern Creative Why.



Holistic Love means practicing
self-love for every part of
yourself. Holistic Love includes
taking care of your mind, body
and spirit by nurturing all
aspects of your life: relationships,
career, creativity, finances,
health, mindset, beliefs,
spirituality, sensuality, and
environment.

-The Modern Creative Woman

Presence



Take a moment to get centered. Take three slow, deep breaths.

Holistic Love asks you to love all parts of yourself. What is your favorite part of yourself? Describe yourself in the best possible terms. You will use this part of yourself to guide your way through all the other explorations this month. For example, you might write about how kind you are, your generosity, honesty, creativity, loving spirit, etc.

Holistic Love Aspirations

Have you considered the ripple effect of your self-love? Imagine all the parts of your self love as mobile floating from the ceiling. When you pull on one part, all the other parts move along with it. Write your aspirational beliefs about loving yourself in each area. For example, you might want to consider loving kindness, authenticity, safety, security, fun, strength, beauty, impact, love, compassion, energy, enjoyment, pleasure, engagement, aesthetics, intensity, change, accomplishment, newness, curiosity, etc.

RELATIONSHIP

S

CAREER

CREATIVITY

HEALTH

SPIRITUALITY

FINANCES

SENSUALITY

ENVIRONMENT

MINDSET/BELIEFS

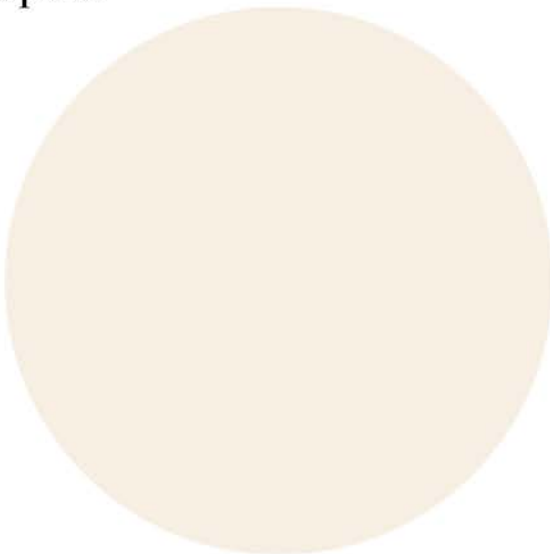
A Rising Tide Lifts All Boats

Review the list of Holistic Love categories - **relationships, career, creativity, finances, health, mindset, beliefs, spirituality, sensuality, and environment**. Feel free to add your own. Choose one area you would like to strengthen. Brain storm 10 actions you could take. They can be realistic and a few should be fanciful and spontaneous. Remember, when you elevate one area, you elevate them all.

Category to explore _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Doodle
Space



Notes

Action Plan

Review your brainstorm on the previous page - select one option to explore this month.

Holistic Love Category:

The action I will take:

Preparation:

What I expect might happen:

What is the worst thing that could happen?

What is the best that could happen?

Report on the results:

REFLECTION

How was your exploration of Holistic Love this week? How did you use your strength this week?
What was it like to work on an area that you want to strengthen? What surprised you?

Mindset

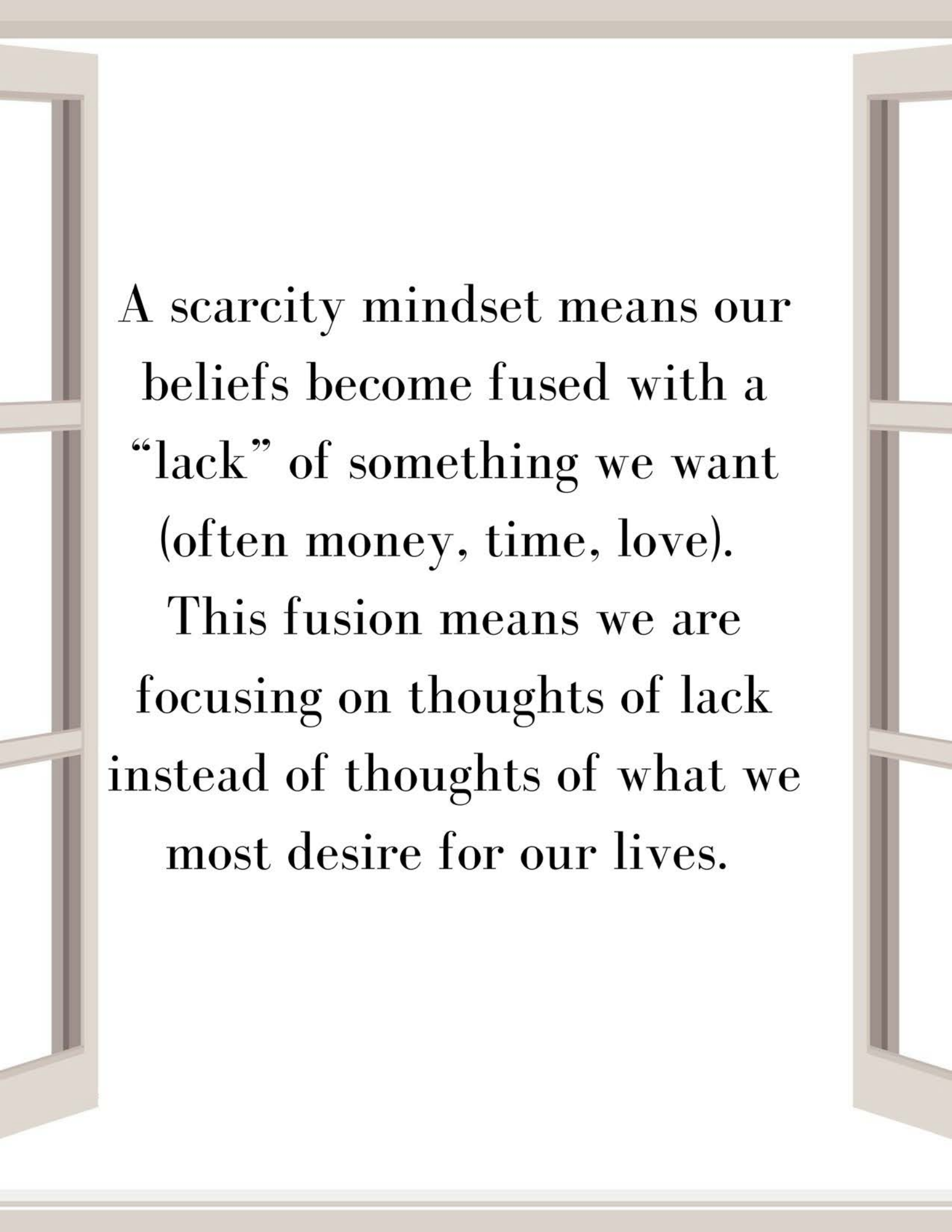


Acceptance is your ability to see things for what they are. This means an honest and non-judgmental acceptance of you as a human worthy of holistic self love. In other words, it's time to let go of embarrassment or shame about the past and practice Holistic Love. Imagine holding those old labels about yourself gently - the judgmental words and names are just words in our brain. They are not facts. All the words and labels in our mind are not "truth." They are neurological phenomenon - just one neuron firing across a synapse to another neuron.

Answer these questions:

What would you do differently if you fully accepted yourself and did not "hold tight" or fuse to words that seem to be about "who and what" you were/are?

What new or different feelings would you have?



A scarcity mindset means our beliefs become fused with a “lack” of something we want (often money, time, love).

This fusion means we are focusing on thoughts of lack instead of thoughts of what we most desire for our lives.

The Modern Creative Woman

HOLISTIC LOVE

Notes

New
Belief



My Loving Self

Creative Ideas

New
Belief



New
Belief



I am learning to Love...

Mind Map of Holistic Love

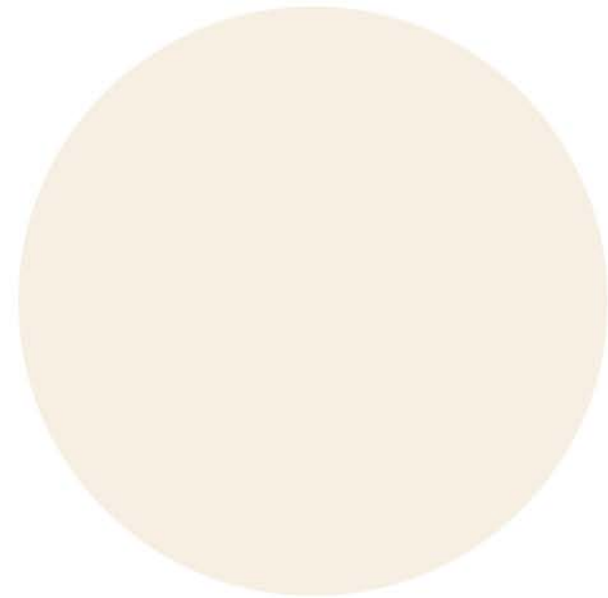
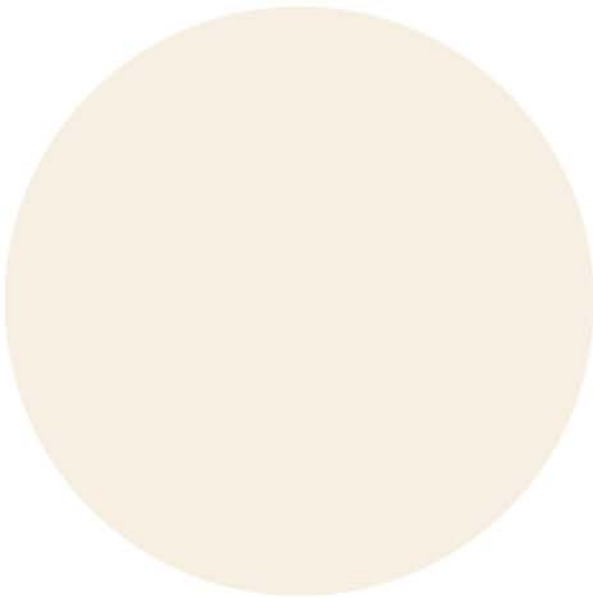
Perhaps you still hold negative beliefs about yourself from the past. Judging or disliking your past self or past actions/inactions, is a judgmental act in the moment. Loving your past self is an act of Holistic Love. Create a mind map about your new self love thoughts that would serve you in accepting and loving your past self. For example: I am safe. I am worthy of love. I am grown up now and can tell a better story.



Neurographic Art on Holistic Love

Review your affirmations on the previous page.

Make Neurographic lines inside the circle as you meditate on these positive statements.



REFLECTION

Reflect on your new perspective with Holistic Love. What did you notice? What was it like? Where do you feel good and where are you still fused with old thoughts? What new thoughts will you carry forward with you?



Purpose

Actions of Holistic Love come more easily when you link your values and purpose with love. For example, loving ourselves and practicing self love improves our social and personal relationships as well as our professional lives. Imagine the difference between doing business with a woman who is judgmental with herself (and others) verses doing business with a woman who accepts and loves herself (and others). We love doing business with women who have that glow of Holistic Love!

Answer this questions:

How does Holistic Love support your purpose in relationships and/or in your work?

When you are satisfied with your answer, introduce the Holistic Loving version of yourself on the next page.

BREAKING NEWS

INTRODUCING

MY HOLISTIC LOVE

[illegible]

Holistic Love

How will you implement your new Holistic Love strategies into your life?
What actions will you take?

What challenges do you anticipate? For each one, create a plan to manage it.

REFLECTION

What do you notice about yourself after three weeks of focusing on Holistic Love?

Holistic Love

You have completed a month focused on Holistic Love. These exercises were created for you to take inner and outer actions to help you drop the struggle with self judgments from the past.

Modern Creative Women are living more compassionately and making the world a better place, one thought and action at a time. Living your values with a peaceful heart is part of creating a better world. Imagine if everyone lived with Holistic Love!

If you are excited about continuing this work, I would love to support you. 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.



Amy Backos, PhD, ATR-BC



Celebrate Yourself!



**How I
increased my
presence this
month...**



**How I changed
my mindset this
month...**



**How I moved
towards my
purpose this
month...**

How I will celebrate myself:

Resources



Personal Development

- **Coaching:** Creativity is everything! Focus on developing your creative thinking to excel in your work, love and presence in the world.
- **Creativity Intensives** online, in San Francisco and Paris.
- Complementary consultations.



Stay in Touch!

- **Instagram:** @dramybackos
- Join me each Friday at noon PST while I gently guide you to strategies to live a creative and joyful life.
- DM me with questions or topics you want to see covered!



Learn More!

- **Podcast:** The Modern Creative Woman.
- **Book:** ACT Art Therapy by Dr. Amy Backos
- **Book:** PTSD and Art Therapy by Dr. Amy Backos.
- **Book:** Emerging Perspectives in Art Therapy by Drs. Amy Backos & Richard Carolan

