

# Modern Creative Woman Orientation

# COPYRIGHT DISCLAIMER

This book and workshop are offered as an educational tool to inspire you to reflect, create, grow and change. The class is not therapy and participating does not constitute a therapeutic relationship. The assignments are offered as inspiration to increase authenticity in your relationship with yourself, and achieve your value-based goals.  
Enjoy the process!

Want more? Email me!  
Have any questions/concerns? Email me!  
[Amy@Amybackos.com](mailto:Amy@Amybackos.com)

Love the class? Tell a friend!!

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2022

# WELCOME

Welcome Modern Creative Woman!

I am so glad you are here! Are you ready to elevate your presence, mindset, and purpose? The time has come for you to prioritize yourself, your relationships and whatever brings you joy.

Welcome to this amazing community of women who are building authenticity and making lasting changes in their lives using creativity and thoughtful engagement.

You will be learning tools to relax your mind, settle your body and rejuvenate your senses. If you are willing to set aside 20 minutes a day, you will be amazed at what accomplish at the end of a week, a month, and a year.

The Modern Creative Woman utilizes evidence-based strategies from psychology and creativity science to help you renew your zest for life. These tools allow you relate to yourself in positive ways and move you towards your values and dreams with excitement.

Enjoy the process of self-discovery with curiosity, acceptance, and joy!



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

Amy Backos, PhD, ATR-BC

# Before class starts

1

## Plan your mode of writing

Print this workbook and find a lovely binder to keep it all together, or have it bound at an office store. If you prefer to skip printing, get a blank journal for the writing and art exercises.

2

## Schedule the Class

Use your calendar or the planner at the end of this book to mark the time of live classes, or the time you will watch the recordings the next day.

3

## Schedule Inspired Actions

Schedule time for inspired action! Use your calendar to invest 20 minutes each day on yourself for the next month. For maximum impact, schedule 7 days a week.

4

## Find an Accountability Partner

Tell someone about your commitment to the class who can help you be accountable to your daily 20 minute commitment.

5

## Get ready to create!

Gather some tools for drawing - crayons, colored pencils, markers, or pens, etc. It is unnecessary for you to have anything fancy - just pick ones you like!



# Making & Keeping Commitments



# How to Keep a Commitment

If you have had difficulty with change in the past, don't worry! This time you will succeed using the best psychology strategies! You will learn and use all of these tricks for success this month.

If you have taken a class with me before, you know some of these tips. However, make sure you are calibrated to success by checking to make sure you are still using these strategies.

- **Write it down!** Research shows when you write down your goal, you are 70% likely to succeed! That's right! Simply writing down your goals gives you 70% of what you need for success. Using this workbook and your calendar will give you the leverage you need for consistency and change!
- **Discipline before motivation!** We often wait until we "feel" inspired to take action. Motivation is a feeling and discipline is an action. Take action through a consistent schedule and you will soon feel the motivation to continue.
- **Slow and Steady!** Making small daily progress is more likely to lead to big success! Research shows people making small incremental movement towards goals ultimately surpass people attempting to tackle multiple goals at once or trying to do too much.
- **Changing Habits!** Research shows pairing a new habit with an old one is the recipe for success. Pair your 20 minute a day for this class with another well established habit. For example, brushing your teeth in the morning, eating your breakfast or lunch, washing your face at night. Schedule 20 minutes before or after one of these times or pick another regular habit and schedule 20 minutes around that.

# More about Commitments

- **Pleasure!** There are decades of research demonstrating you can increase a new behavior with a reward! All you have to do is pair a new behavior with something pleasurable. Add something you enjoy to your 20 minutes and you are significantly more likely to succeed! For example, you can fix a cup of hot chocolate or tea to drink while you write and make art (I encourage you to choose a non-alcoholic beverage). Deciding you don't need a reward, is the opposite of self-compassion! Schedule your simple pleasures!
- **Location! Location! Location!** Research demonstrates if you practice in the same location, your mind will be ready to learn just by going to that location! Pick a comfortable spot and work there each day.
- **1% more!** All you need for this workshop is 20 minutes a day. This is about 1% of your day! You have already made an important commitment to complete this workshop...all it requires for success is 1% of your day for the next month.
- **Be decisive!** Make your commitment and stick to it! Keep rest and rejuvenation as your priority for one month. Practicing indecision reinforces that habit, prevents us from making progress, and increases stress. Stick to your commitment!
- **A word of caution!** Reading and knowing these strategies is not enough for success. Actual practice is required! Avoid letting your mind fool you into thinking you can skip these steps. The next page is where you make your commitment. Tempted to skip this step? Go back and reread the research above about success.

# Your Personal Commitment

I \_\_\_\_\_  
(Your name)

*commit to 20 minutes each day*

*&*

*I will focus on making choices to become the woman of my future.*

*I will complete my 20 minutes a day at this time:*

\_\_\_\_\_

*I will complete my 20 minutes a day in this location:*

\_\_\_\_\_

*I will complete my 20 minutes a day with this additional pleasure:*

\_\_\_\_\_

*Your signature* \_\_\_\_\_ *date*



# Attitudes of the Modern Creative Woman

## **Powerful Presence**

We create a gentle internal environment of present moment awareness. We share ourselves with others and always save some energy for ourselves. We create a healthy environment by attending to our mental and physical health, nutrition, rest, friendships, education, and fun.

## **Self Compassion**

We speak kindly to ourselves. We patiently redirect ourselves to speak with love and compassion. We are easy going about our pace as we change, rest, work, and reflect.

## **Meaning & Purpose**

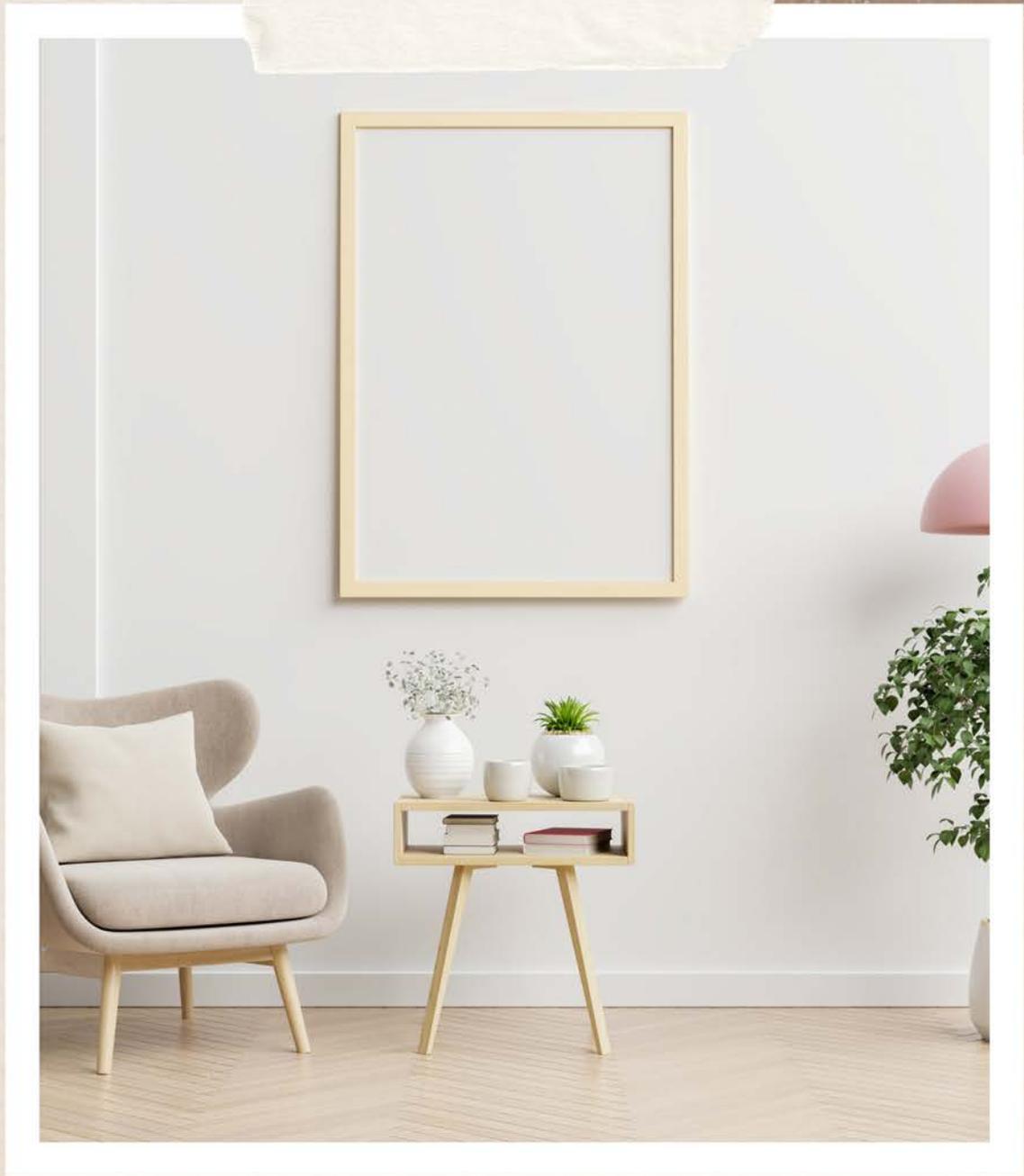
Whatever we do, we do with intention. We commit to a life-long process of learning, cultivating gratitude, and expressing ourselves. We look for and manifest joy in each day. We share our meaning and purpose with others.

## **Mindset**

We learn to relate to our thoughts in new ways. We see thoughts for what they are - just thoughts. We free up time and psychological energy for things we want to bring into our lives.

## **Authenticity**

We show up for ourselves and others as our true selves. Our interests, talents, and joyful example are gifts to others in our family and community. We manifest new opportunities to express ourselves and share authentic relationships with others.



# Class Structure



# Committed Actions

Now that you have identified to the time and place, the additional pleasure, and made your commitment, it is time to get started! You have just made a life changing commitment to yourself to prioritize 1% of your day to rest, reset and rejuvenate.

Each month The Modern Creative Woman will focus on a different topic related to your Presence, Mindset and Purpose.

You have journaling and art prompts to complete each week and 20 minutes a day is plenty of time. Once you complete the worksheets and art each week, you can use any remaining 20 minutes as you wish - writing and making art, reading, silent contemplation, and written reflection about how to put your manifestation into action.

Here is a sample schedule you can use each day - use your timer for maximum focus.

1 minute breath and relax, get comfortable, smile  
18 minutes write / make art  
1 minute breath and relax, stretch, smile

It is impotent that you stick to your 20 minute schedule each day! However, no need to try and catch up if you miss a day - just return to 20 minutes a day. Whatever you do to enhance your self-compassion, kindness, and joy will be great!

# Instructions - Write

It is essential for you to reflect on your thoughts and feelings about yourself. Why is this important? As you grow in your relationship with yourself, you begin to know what you like and what brings you joy. This certainly increases your happiness and gives you direction for your goals and purpose. A compassionate attitude towards yourself uplifts your spirit, makes room for joy, and allows you to move forward with what you want to manifest. Each week of the "Manifesting Change" workshop includes practice for 20 minutes each day where you will write and make art.

## **Writing helps you know yourself.**

Writing offers an efficient way to explore your thoughts - we write to "know" ourselves and to learn more about our thoughts and feelings. We tend to think the same thoughts every day for years. The writing will allow you to unpack your thoughts and decide if you want to keep or change your thoughts.

Negative and critical thoughts towards yourself makes everything more difficult, limits happiness and joy, and likely stops you from manifesting your glorious vision. Observe these thoughts without judgement and work on your thoughts to be more positive. We pick up negative self talk from childhood, society, and how we interpret uncomfortable experiences. Because our brains tend to naturally focus on the negative, we engage in negative thoughts a lot! You may find you feel a little sad, angry or surprised at the negative thoughts you discover this month. When uncomfortable thoughts and feelings arise, you have the chance to practice kind thoughts with yourself.

Try telling yourself something gentle like this:

**Hello old thought. I see you are here again. I am learning to relate differently to you. I am not trying to get rid of you. I am learning to respond with curiosity and ease when you are here with me.**

You might want to write that sentence (or create your own) on a note card to hang by your bed, on your mirror, or in your car. Text it to yourself or make it your screen saver.

# Instructions - Art

Art Therapy is a creative process to understand ourselves, express feelings, clarify thoughts, promote flow, and feel great. In fact, creative expression is a human need!

The use of Art Therapy dates back to the early 1900's. Furthermore, art for storytelling, expression, and healing is as old as human history!

The art process helps you solidify feelings and allows your brain to deeply explore why some thoughts seem to have so much power and stop us from manifesting what we want. The creative process incorporates more parts of your brain than writing can do alone. You can use what you learn in this class about your creative process anytime you want to understand your feelings or manifest a different result.

## **Art allows us to know our preverbal self.**

You can spend as much or as little time on the art as you wish - however, it is important to engage in a creative expression each week. Avoid thinking too long about what to create and avoid judgment. Be spontaneous and have fun!

When you are done with each drawing, take a moment to reflect (without judgement) on the PROCESS of creating. It's important to suspend judgement about what your art looks like. Whatever you create will be great for understanding yourself and manifesting self compassion! If you are tempted to skip the art, please reconsider so you get the most impact from this workshop.

Remember to schedule 20 minutes each day to complete these inspired actions. You are committed to one month of manifesting change. Give yourself the gift of completing your commitment each day to get the most value from this class!

If you want to work with an Art Therapist, reach out to the Art Therapy Center of San Francisco. Always look for a Registered and Board Certified Art Therapist (ATR-BC). Registered and board certified art therapists are both trained artists and counseling professionals who can help you express yourself to the fullest using visual art and creative thinking.

# Summary

Get ready to strengthen your presence, mindset and purpose. Start small, only 20 minutes a day. Be easy on yourself if you discover uncomfortable feelings, or have thoughts with a lot of strong emotion. This is normal, for it is the human condition to have difficulties in our life. Avoid judging yourself. Acknowledge negative thoughts and call it by its name - an unkind thought, an unhelpful thought, or an old negative story. Even if you have piles of evidence that a thought might be true, you are learning to relate to thoughts differently. They are only thoughts and you are not your thoughts. You are only aware of them.

Research, and our own experience, shows when we push away or distract ourselves from unwanted thoughts and memories, they will definitely come back, and even feel worse the next time. Take a deep breath, notice the thoughts and feel the feelings. Then move on. No need to mull it over or ask why you keep having the thought. Just "be" with it for a moment and then move forward. Thoughts lead to feelings and research demonstrates a feeling will last about 90 seconds if we avoid pushing them away or clinging to them. If you are really stuck on a memory, be compassionate with yourself, take time to write about how you can take care of yourself, and consider working with an art therapist.

Remember, research confirms that making a small commitment and sticking to it leads to success, while taking on too much leads to burn out, frustration in lack of progress and ultimately giving up. You can succeed here by being consistent with just 20 minutes a day. Avoid trying to complete all the tasks in a day or two. Focus on small, daily actions.



# Success Tips

- Work only 20 minutes a day.
- Practice self-compassion - gently redirect yourself when you notice unkind thoughts or uncomfortable feelings.
- Work everyday at the same time and place.
- Pair your time with another habit (eg., right after your brush your teeth).
- Pair your time with a simple pleasure (hot tea, flowers, a chocolate, etc.).
- If you skip a day, get right back on track with 20 minutes a day. Do not work 40 minutes to try and "make up" for a missed day. You are right on time and there is no hurry. Avoid judgement. Just move forward.

**20 minutes a day can change your life!**



# CELEBRATE!

You have made an incredible investment in your happiness through presence, mindset and purpose. Congratulations! I am delighted you joined this community of women who are living more compassionately and making the world a better place. You belong here.

Living according to your values is part of creating a better world. Imagine if everyone practiced commitment to living their values...the world would be a happier place indeed!

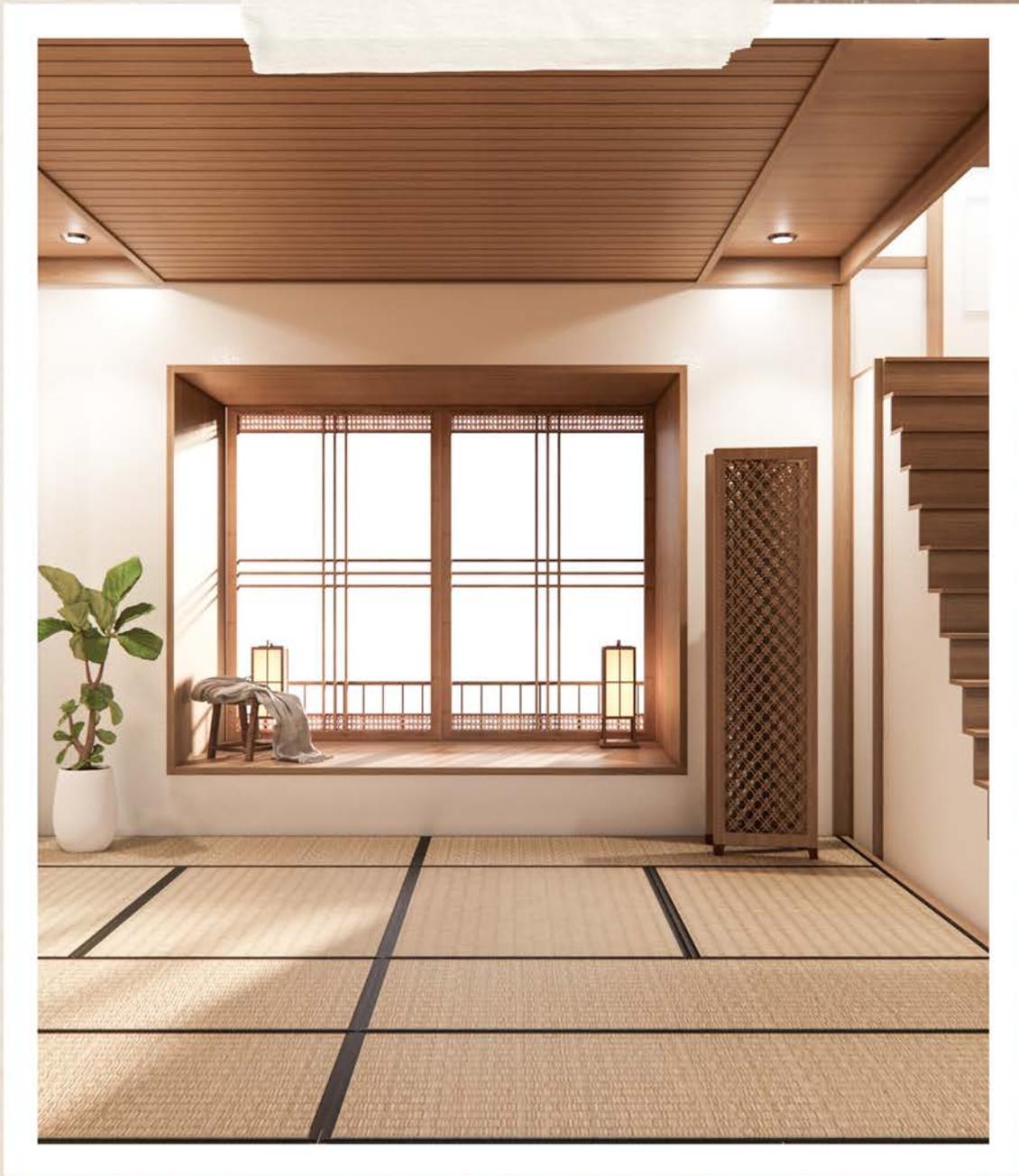
If you are excited about continuing this work, reach out to The Art Therapy Center of San Francisco for more workshops. Consider the Women's Search for Meaning signature packages, or individual psychotherapy and mentoring.

It was my pleasure to share the evidence-based information which helps women all around the world. I look forward to hearing from you about what you learned in this workshop. I hope to see you in future workshops and you can reach out to set up a 20 minute consultation to see how you can continue living a life of joy and meaning. It is my wish that you continue to engage in the process of self-discovery with curiosity and compassion!



A handwritten signature in black ink that reads "Amy". The signature is stylized with a large, flowing 'A' and a long, sweeping tail.

Amy Backos, PhD, ATR-BC  
Licensed Psychologist & Board Certified Art Therapist



Questions to Get  
You Started

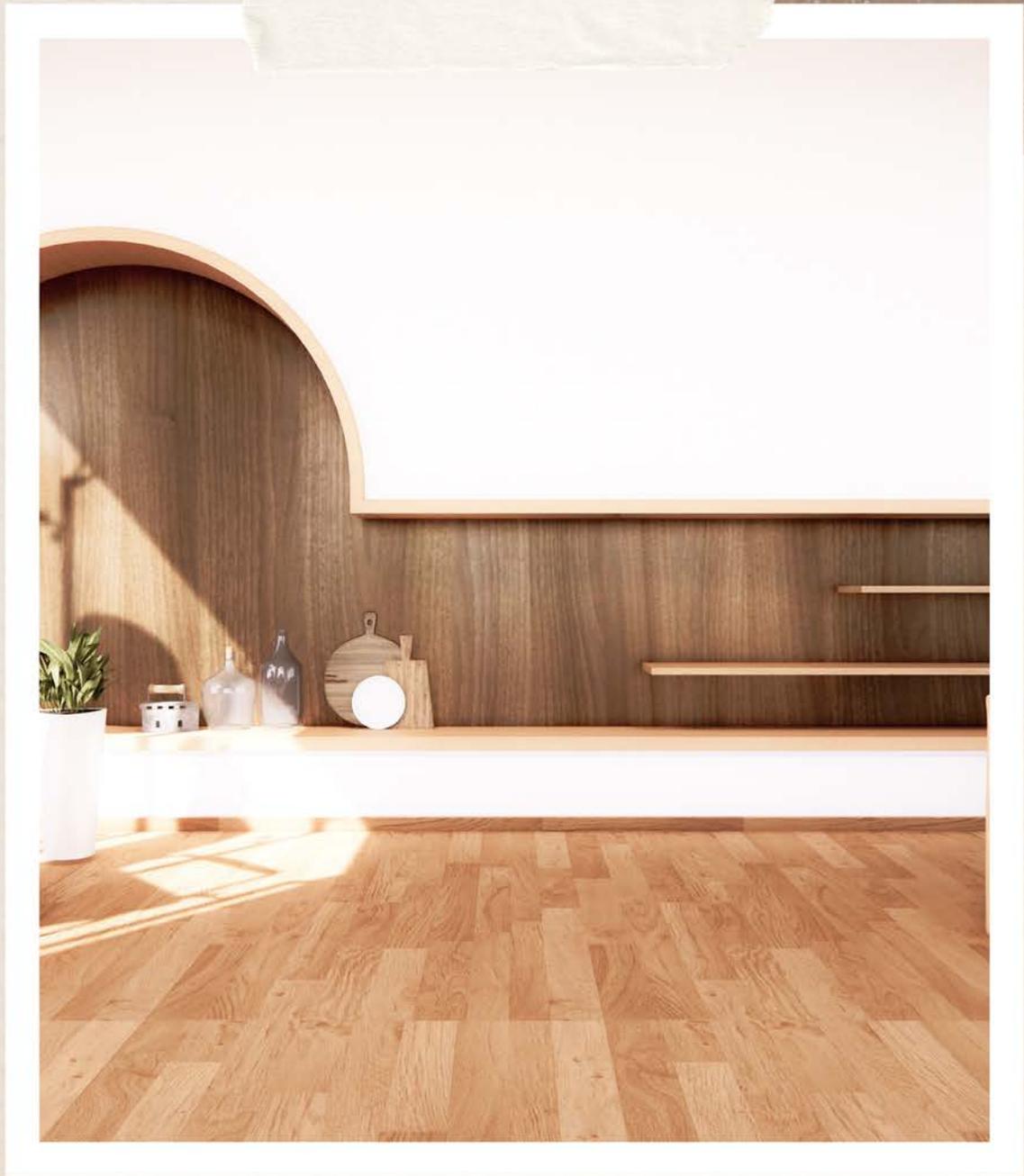
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# Resources



# 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

Book: PTSD and Art Therapy

A comprehensive guide to PTSD, treatments, and creative approaches to healing, this book offers evidence based psychology and art therapy.

04

Book: ACT Art Therapy

By: Amy Backos

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

# MY WEEK

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