



The Modern Creative
Woman Publishing Co.



The Modern Creative Woman **Peace**

Presence



- 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.

Mindset

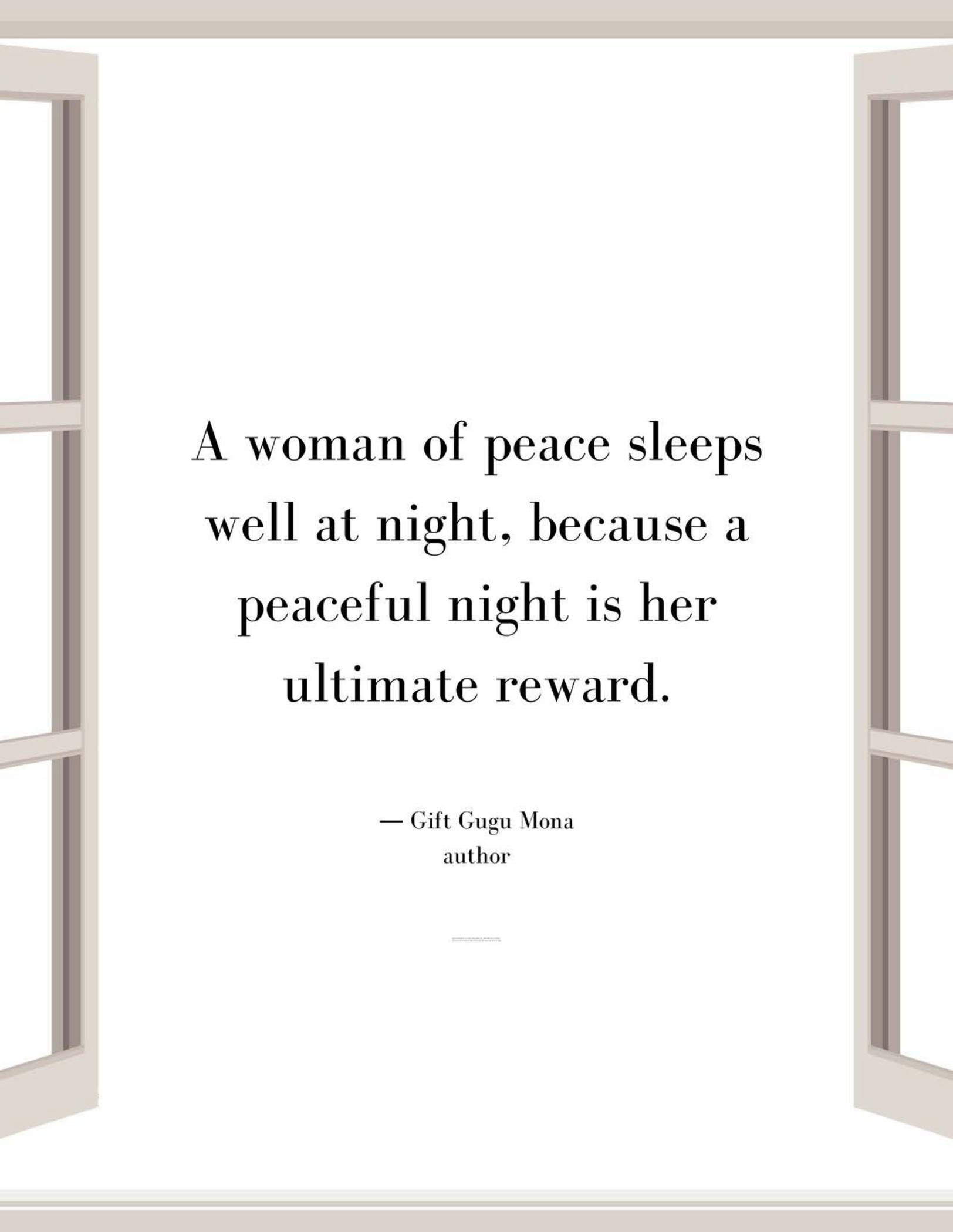


- Acceptance of your thoughts, feelings, and circumstances as they are, rather than what you think they should be.
- Forging a new working relationship with your thoughts.
- Practicing conscious & creative thinking.

Purpose



- 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.



A woman of peace sleeps
well at night, because a
peaceful night is her
ultimate reward.

— Gift Gugu Mona
author

Presence



What does a peaceful presence mean to you? Describe how it feels when you are at peace with yourself, with others and with the world. Consider how acceptance might play a part in your understanding of your peaceful presence. Write your description here.

LOVING KINDNESS

Peace begins within us and radiates outward. There are many variations of loving kindness meditations. This simple loving kindness meditation (Kabat-Zinn) is designed to draw attention to self love and prepare us for giving more love in the world. As woman we have often been told we are to be selfless and give to others without thoughts for ourselves. However, loving kindness towards ourself is necessary to renew ourselves and allow us to give generously to others. Loving kindness towards others rings hollow when we withhold loving kindness from ourselves.

Get comfortable and take 5 slow, deep breaths. Read the lines below out loud. You might also wish to record the lines and play it for yourself. I encourage you to read it each day this month. The more you read it, the more you will begin to experience loving kindness towards yourself and others.

May I be safe and protected and free from inner and outer harm.

May I be happy and contented.

May I be healthy and whole to whatever degree possible.

May I experience ease of well-being.

May she (he, they) be safe and protected and free from inner and outer harm.

May she (he, they) be happy and contented.

May she (he, they) be healthy and whole to whatever degree possible.

May she (he, they) experience ease of well-being.

How do you feel the first time you read this? How do you anticipate feelings after reading it to yourself everyday for a month?

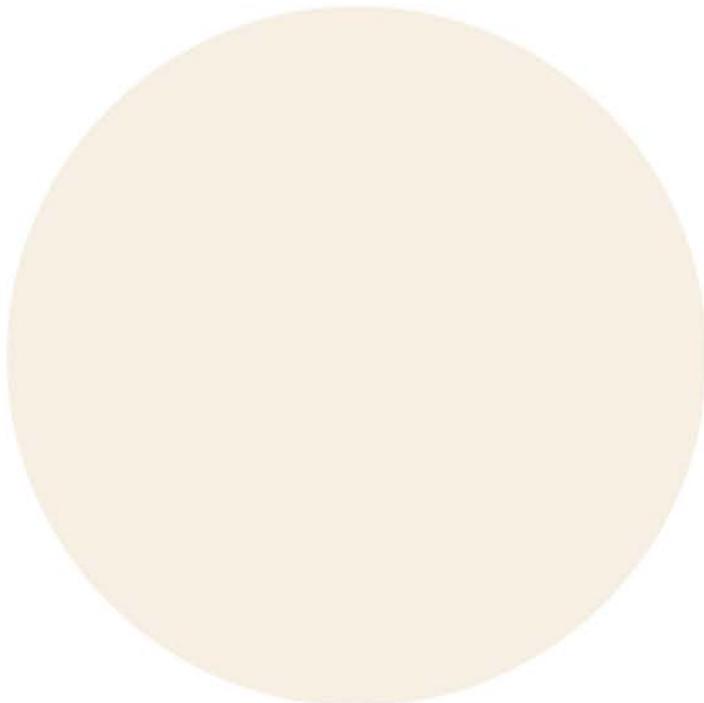
Letting Go

If we keep looking at what we don't want, there is no room in our vision to see what we do want. What will you need to let go of today to create room for inner peace? Write 10 thoughts, feelings and actions you want to let go of so you have more room for peace.

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

Create an image inside the circle to reflect how you feel as you imagine how you might feel if you let go of the things on your list?

Give it a title and describe your image or your feelings in three words or phrases.

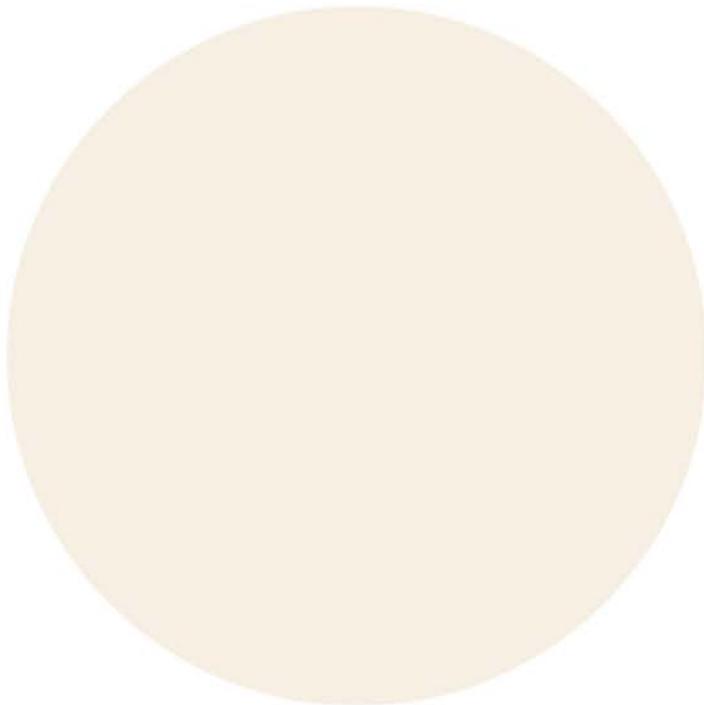


Bringing In

Imagine you are able to let go of the things on your previous list. Now that you have room, what will you need to bring into your life to create inner peace? (thoughts, feelings, actions)

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

Create an image inside the circle to reflect how you might feel if you opened yourself to the thoughts, feelings, actions you know will bring you inner peace?
Give it a title and describe your image or your feelings in three words or phrases.



REFLECTION

This week was all about Loving Kindness and letting go to make space for what you want more of in your life. What did you notice? What did you learn?

Mindset

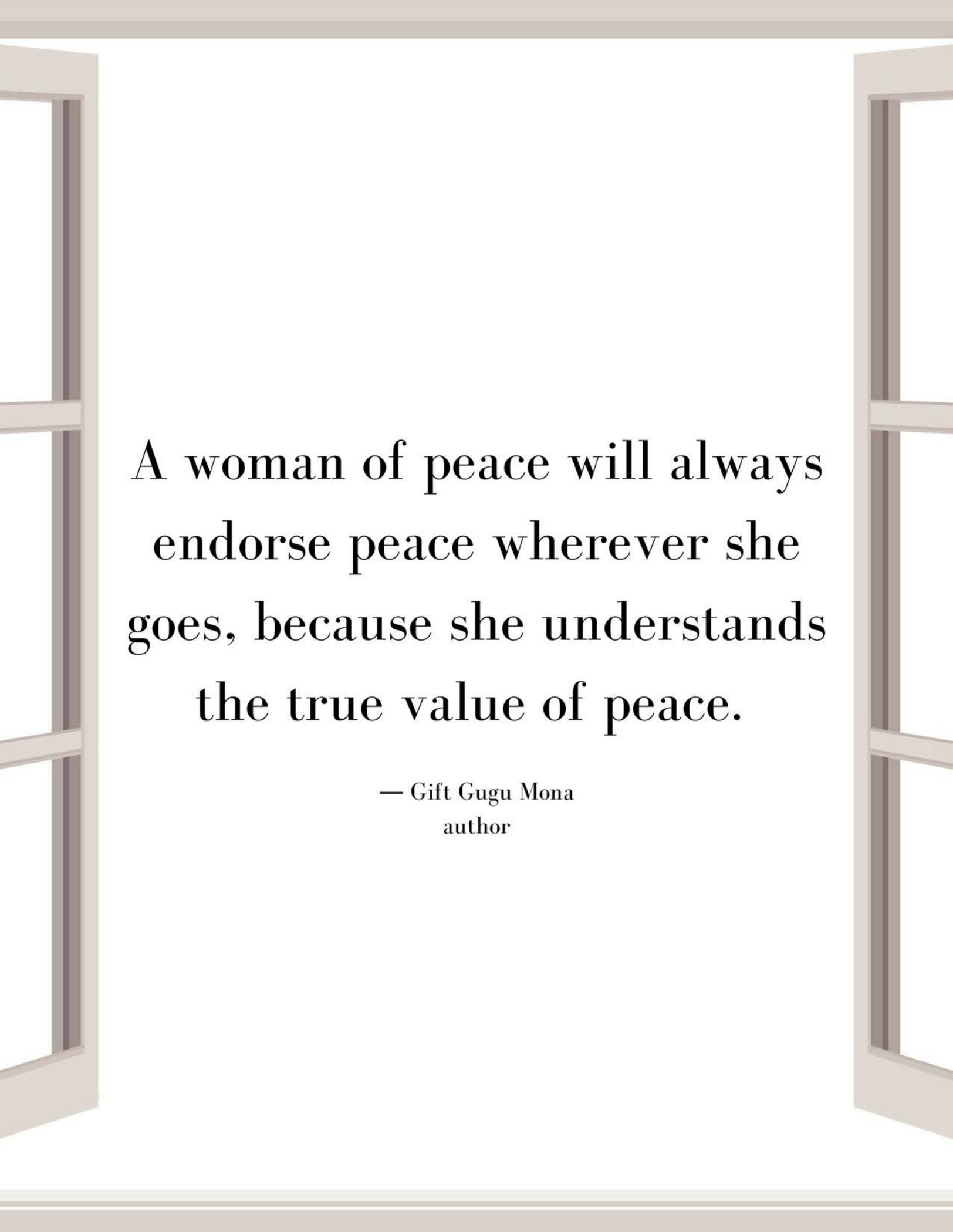


Acceptance is your ability to see things for what they are. Choosing a mindset of Loving Kindness is a choice regarding acceptance. It means accepting you, just as you are. It means accepting and loving all parts of yourself, including what you perceive to be deficits and flaws. Can you imagine feeling this deep level of acceptance towards yourself? If this seems challenging, remember, acceptance happens one thought and one day at a time.

Answer these questions:

What would you do differently if you fully accepted yourself?

What new or different feelings would you have?



A woman of peace will always
endorse peace wherever she
goes, because she understands
the true value of peace.

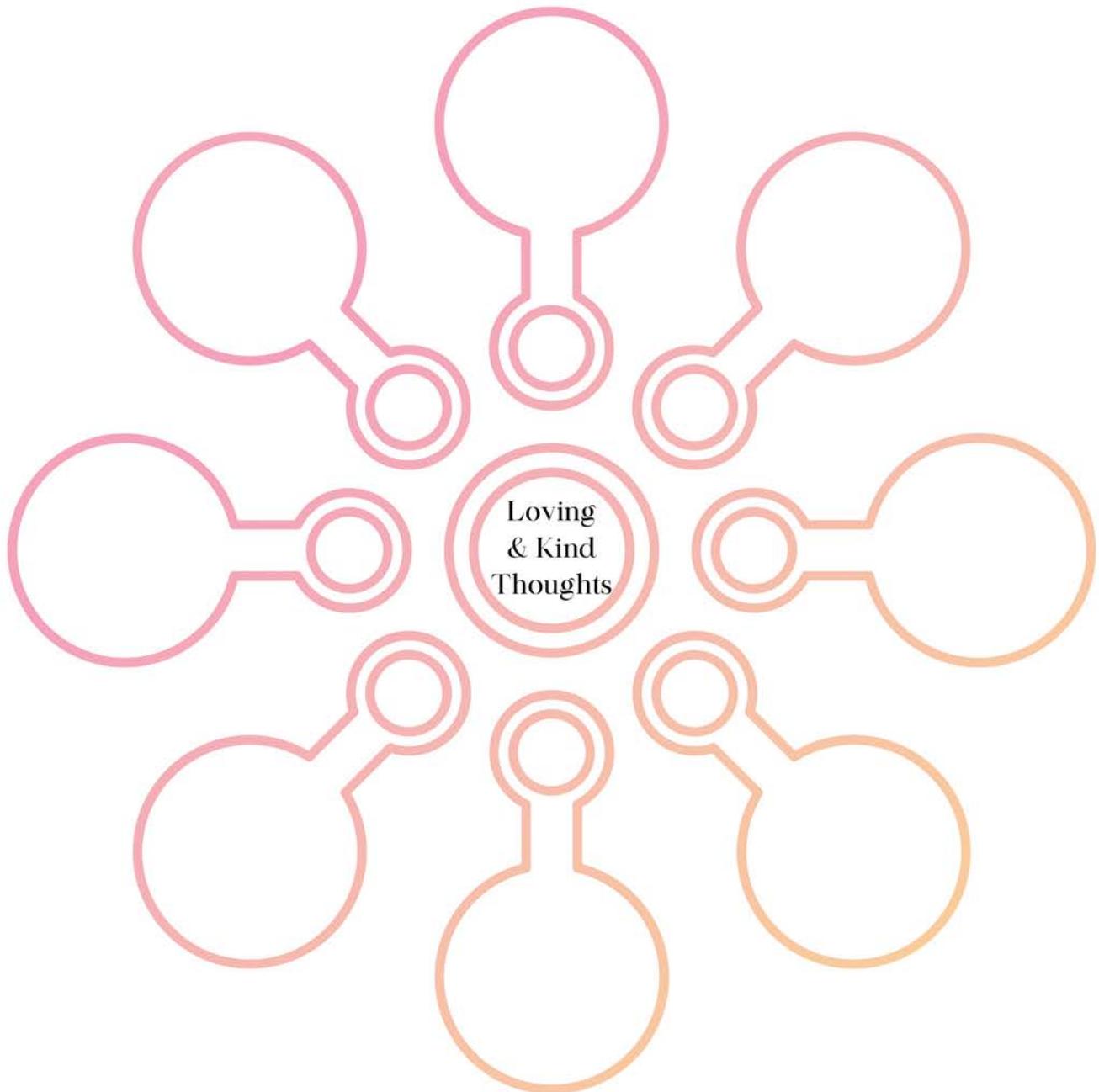
— Gift Gugu Mona
author

Mind Map of Peaceful Mindset

Peace of mind is a matter of adding peaceful thoughts and focusing on them. We meditate on peace when it is still and quiet and then we practice peace when inner and outer worlds are stressed, confused or in turmoil. The more we practice in silence, the better prepared we are for our thoughts and situations throughout the day. Think of meditation and mindset as training you for your day.

Complete the mind map with thoughts and attitudes you wish to cultivate for your inner and outer peace.

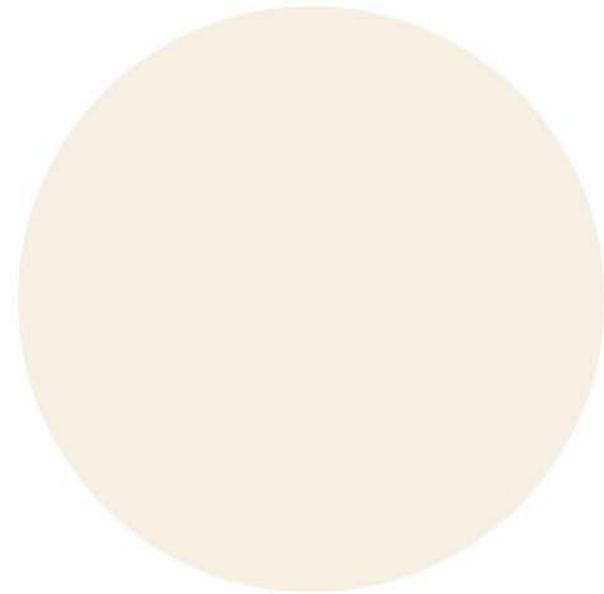
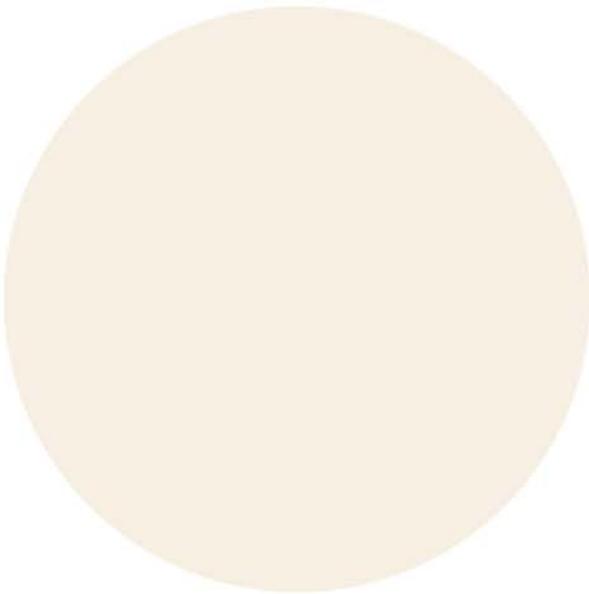
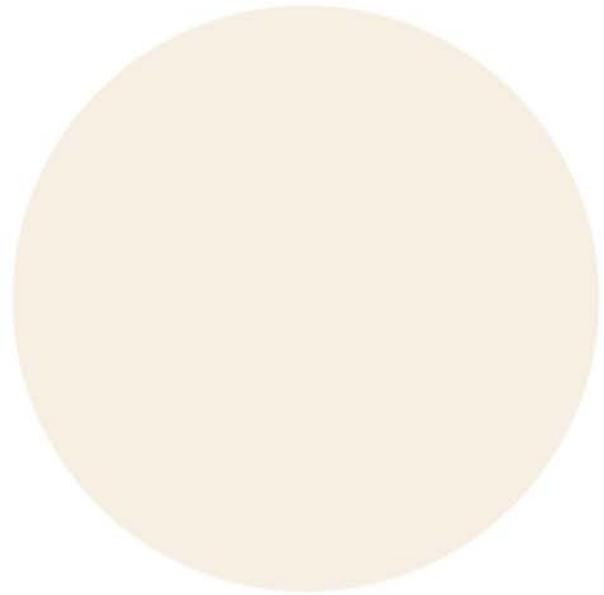
Review the Loving Kindness Meditation from last week for inspiration.



Neurographic Art on Loving Kindness

First, practice the Loving Kindness Meditation. Make Neurographic lines inside the circle as you meditate on loving kindness for yourself and three people.

1. In the first circle, draw as you reflect on loving kindness towards yourself.
2. In the second circle, draw as you reflect on loving kindness towards someone you love.
3. In the third circle, draw as you reflect on loving kindness towards someone with whom you struggle/dislike, etc.
4. In the fourth circle, draw as you reflect on loving kindness towards someone you don't know well.



Peaceful Mindset

Write about a situation where you are struggling, having a difficult time, feel confused or frustrated.

Now read the loving kindness meditation for yourself and again for any of the people in the situation. How do you feel? What do you notice?

REFLECTION

Reflect on your new perspective with loving kindness. What did you notice? What was it like? Where do you feel good and where are you still fused with old thoughts? What were you aware of during the process of making art?



Purpose

Peaceful actions come more easily when we have given ourselves and others the gift of loving kindness. Read the Loving Kindness meditation for yourself and one other person.

Answer these questions:

What actions can you take this week to put your Loving Kindness into the world?

How can Loving Kindness help you with your values and life purpose?

ACTION!

Time for Committed Action on your Purpose!
Write one new new way you can respond with loving kindness to four challenges you are facing. Be as specific as possible with the challenges and your new solutions. These are actions you will take to bring peace into the challenging situation.



Doodle Space

1. Challenge

[Light orange horizontal bar for writing the challenge]

Loving Kindness Solution

[Light green horizontal bar for writing the solution]

2. Challenge

[Light orange horizontal bar for writing the challenge]

Loving Kindness Solution

[Light green horizontal bar for writing the solution]

3. Challenge

[Light orange horizontal bar for writing the challenge]

Loving Kindness Solution

[Light green horizontal bar for writing the solution]

4. Challenge

[Light orange horizontal bar for writing the challenge]

Loving Kindness Solution

[Light green horizontal bar for writing the solution]

Peaceful Purpose

Write about a one of the situations you wrote about from above. How might you feel differently about the situation if you choose actions of Loving Kindness?

Now read the loving kindness meditation for yourself and again for any of the people in the situation. How do you feel? What do you notice?

REFLECTION

What do you notice about yourself after three weeks of Loving Kindness? What new outlook do you have on challenging situations?

Loving Kindness

You have completed a month focused on peace by using the Loving Kindness Meditation. These exercises were created for you to take inner and outer actions to create more peace in the world

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 in peace!

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

