



The Modern Creative  
Woman Publishing Co.



# Vibrant Vision in ACTION

The Modern Creative Woman

# 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.

# Presence



Take a moment to get centered. Take three slow, deep breaths. Keeping your mind on your Vibrant Vision means making frequent contact with the present moment. Contact with the present moment is where change happens. When you are in the moment, you can both visualize your future and take action.

Time to create reminders for the present moment! The french call this an **aide memoire** to aid our memory. For example, an affirmation of “thank you” every time your feet touch the floor in the morning helps you remember to be grateful.

1. Identify 3-5 things you do each day (brush your teeth, walk the dog, drink coffee, etc.).

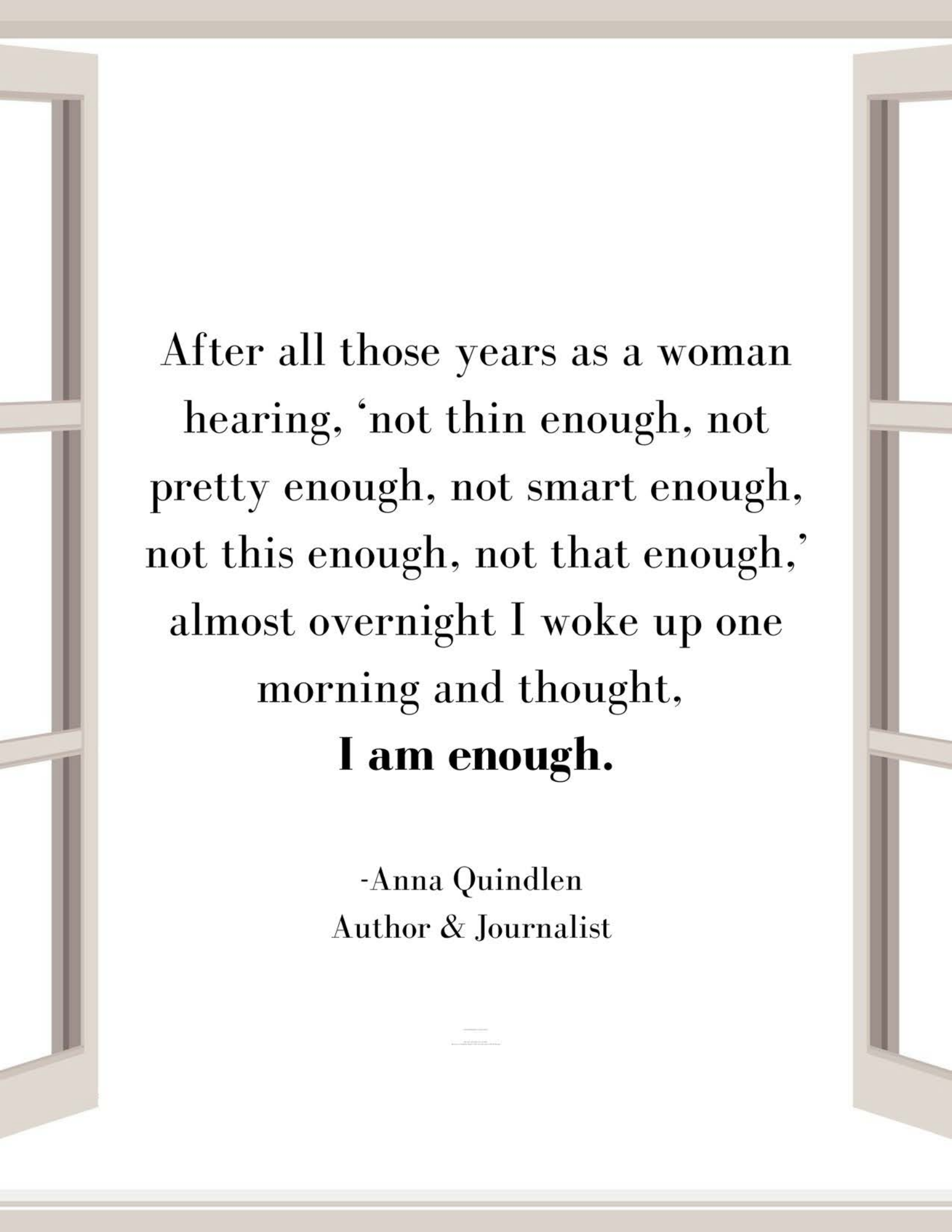
My daily activities \_\_\_\_\_

2. Choose one of these daily tasks as an *aide memoire* to remind you to be in the moment.

My aide memoire \_\_\_\_\_

3. Choose an affirmation/action to pair with your aide memoire. For example: I am here now, thank you, all is well. I have all the time there is, I choose happiness. You could also add a smile or deep breathe.

My affirmation \_\_\_\_\_



After all those years as a woman  
hearing, ‘not thin enough, not  
pretty enough, not smart enough,  
not this enough, not that enough,’  
almost overnight I woke up one  
morning and thought,  
**I am enough.**

-Anna Quindlen  
Author & Journalist

# How to Put Your Vibrant Vision into Action

- **Embrace Curiosity:** Cultivate a natural inquisitiveness about the world around you and ask questions.
- **Play:** Approach your work with a sense of playfulness and experimentation. Let yourself explore and have fun with your creative process.
- **See Beauty in the Ordinary:** Train yourself to find inspiration in everyday objects, scenes, and experiences.
- **Experiment Freely:** Don't be afraid to try new techniques, materials, or approaches without worrying about perfection.
- **Trust Your Intuition:** Learn to listen to your inner voice and follow your instincts, even if it feels uncomfortable or leads you in unconventional directions.
- **Suspend Judgement about the Process:** Understand that mistakes, setbacks, and confusion are essential parts of the creative process and opportunities for growth.
- **Seek Inspiration Everywhere:** Keep an open mind and draw inspiration from diverse sources, including nature, art, literature, and everyday life.
- **Develop a Unique Perspective:** Cultivate your own distinct viewpoint and use it to infuse your work with authenticity and originality.
- **Practice Mindfulness:** Stay present in the moment and pay attention to your thoughts, emotions, and surroundings to fuel your creativity.
- **Collaborate and Connect:** Engage with other artists and creative people, share ideas, and collaborate on projects to expand your perspective and learn from others.

# A Vibrant Vision of your Lifestyle

Describe your lifestyle objectives for the future – how you want your life to feel and what you want it to look like. Imagine your vibrant vision in each of the categories below.

1. Relationships \_\_\_\_\_

2. Thoughts \_\_\_\_\_

3. Feelings \_\_\_\_\_

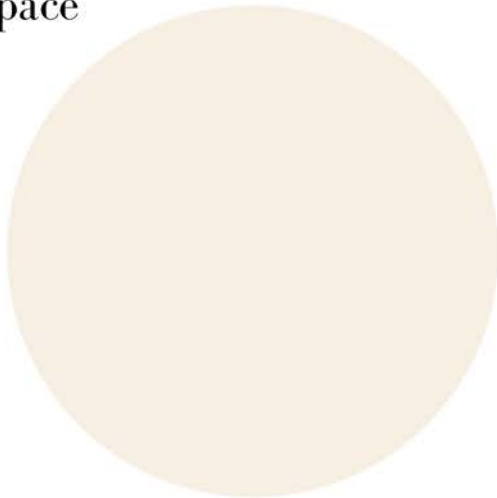
4. Actions \_\_\_\_\_

5. Health \_\_\_\_\_

6. Spirit \_\_\_\_\_

7. Environments \_\_\_\_\_

Doodle  
Space



Notes

# Vibrant Vision Doodle

Turn on some pleasing music, grab some art supplies, and make yourself a cup of tea. Relax and let your mind wander to your Vibrant Vision. Let the music and your hand direct you to create lines, shapes and colors about your Vibrant Vision. Reflect the feelings of your vision. How ever you do this will be great!

Title \_\_\_\_\_

3 words or phrases to describe your art

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# REFLECTION

How was your exploration of your Vibrant Vision this week? How did you use your strength this week? What surprised you?





# Mindset

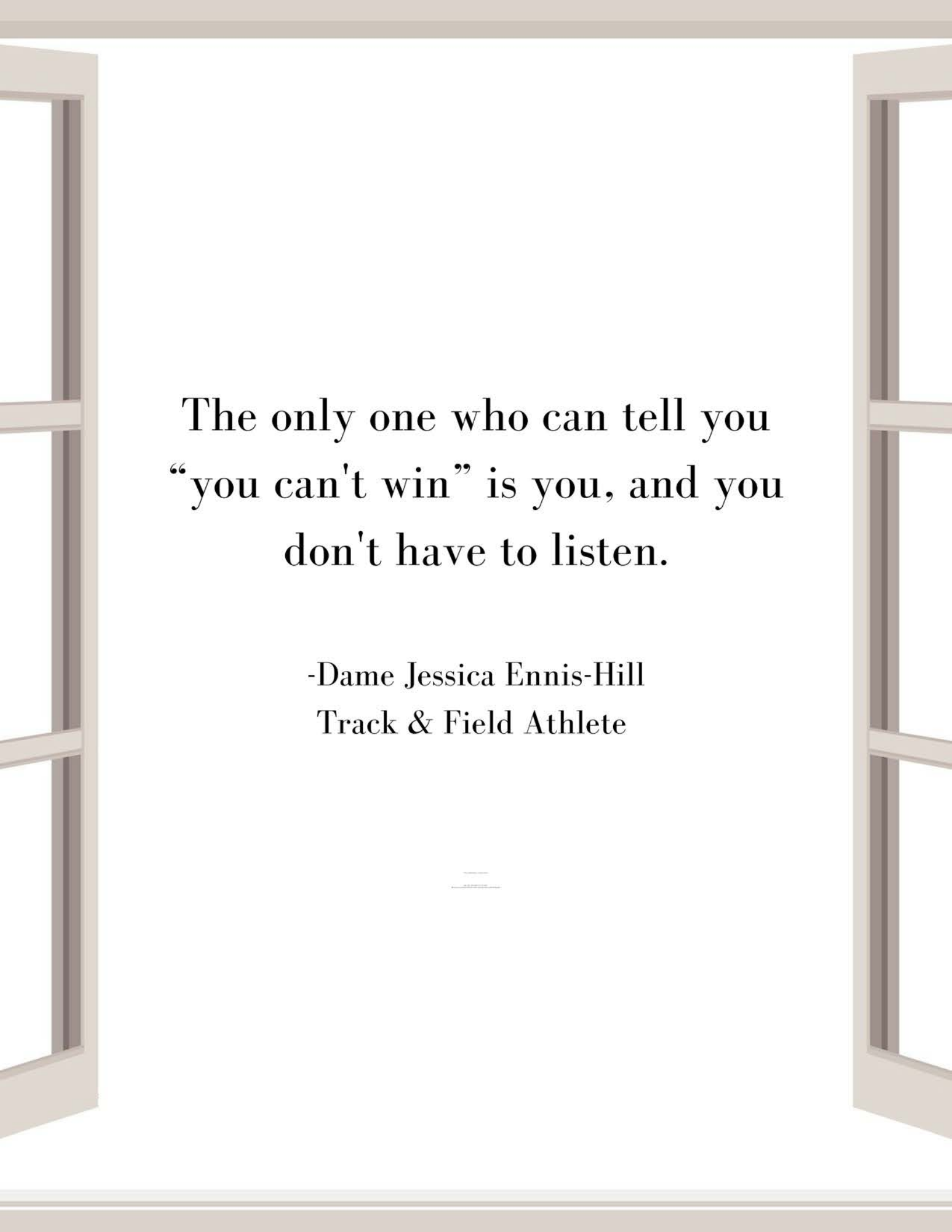


Mindset included an attitude of acceptance. **Acceptance** is your ability to see things for what they are. This means an honest and non-judgmental acceptance of you and others as imperfect human beings. In other words, it's time to let go of judgment about past actions or inactions and accept that you are right where you are. Imagine holding your dreams gently, carefully, and with love. You are worthy of your dreams. All the words and labels in our mind that say we can't or should not pursue our dreams are not "truth." They are the neurological phenomenon of thought. Remember, thoughts are just one neuron firing across a synapse to another neuron.

**Answer these questions:**

What would you do differently if you fully accepted yourself and the worth of your dreams?

What new or different feelings would you have? What new actions would you take?



The only one who can tell you  
“you can't win” is you, and you  
don't have to listen.

-Dame Jessica Ennis-Hill  
Track & Field Athlete

The Modern Creative Woman

# VIBRANT VISION

New  
Belief



My Vision

Creative Ideas

New  
Belief



New  
Belief



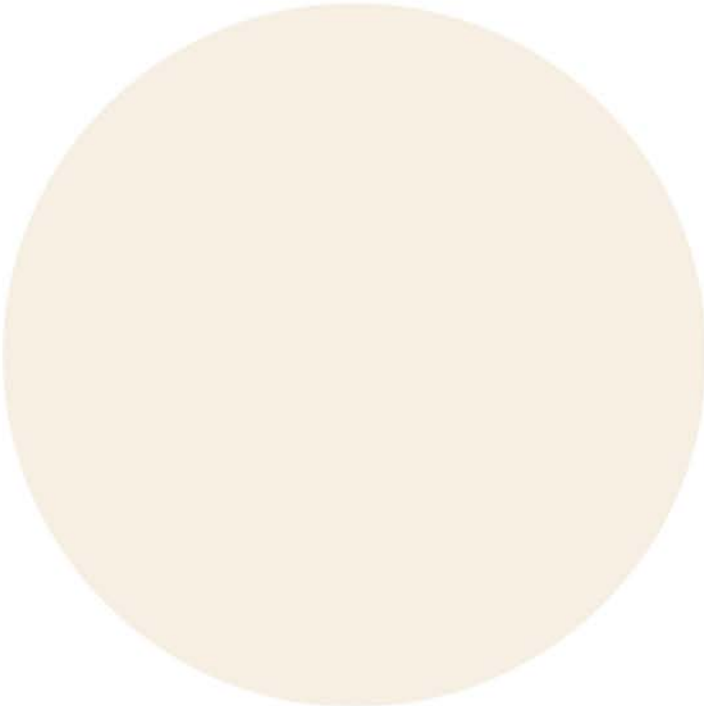
I am learning to embrace...

# Vibrant Vision Requires Fun and Play

Play and creativity make learning faster and more fun! What is most fun for you? What are your passion projects? Where do you find yourself happiest?

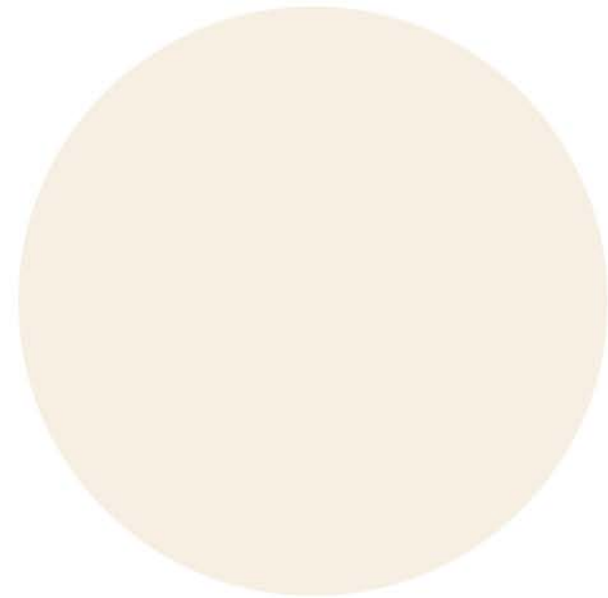
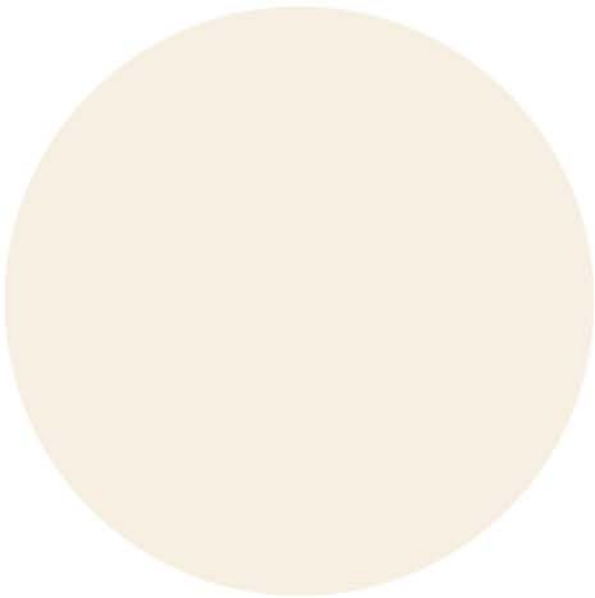
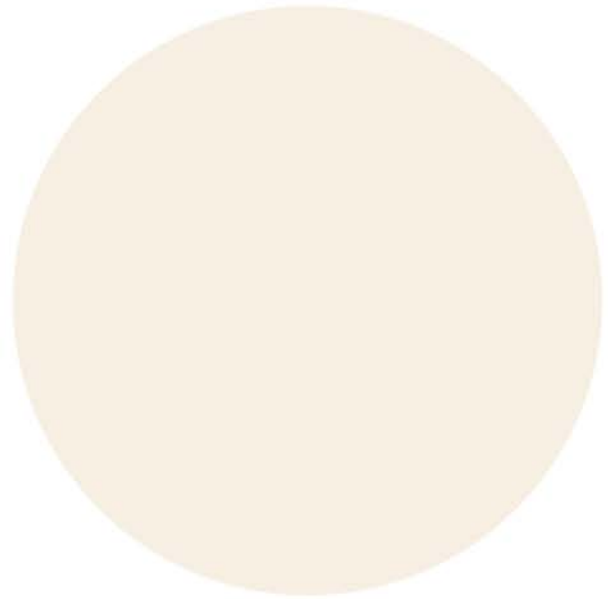
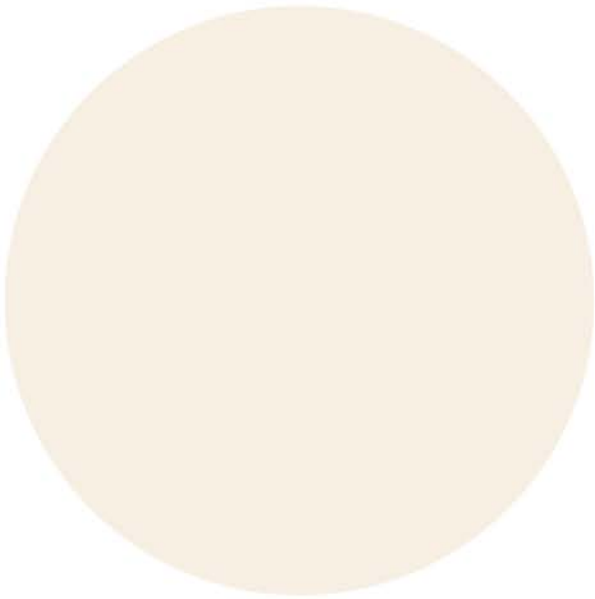
- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_
- 6. \_\_\_\_\_
- 7. \_\_\_\_\_
- 8. \_\_\_\_\_
- 9. \_\_\_\_\_
- 10. \_\_\_\_\_

## Doodle Space



# Thoughts and Feelings Art

Chose four new thoughts that can help you take action on your Vibrant Vision.  
Write them below and add lines, shapes and colors to express the feeling that each  
new thought gives you.



# REFLECTION

Reflect on your new perspective with your Vibrant Vision and new thoughts you will add. What did you notice? What was it like? Where do you feel good and where are you still fused with old thoughts?

# MINDSET

A series of 25 horizontal, light-colored lines spaced evenly down the page, providing a template for writing.



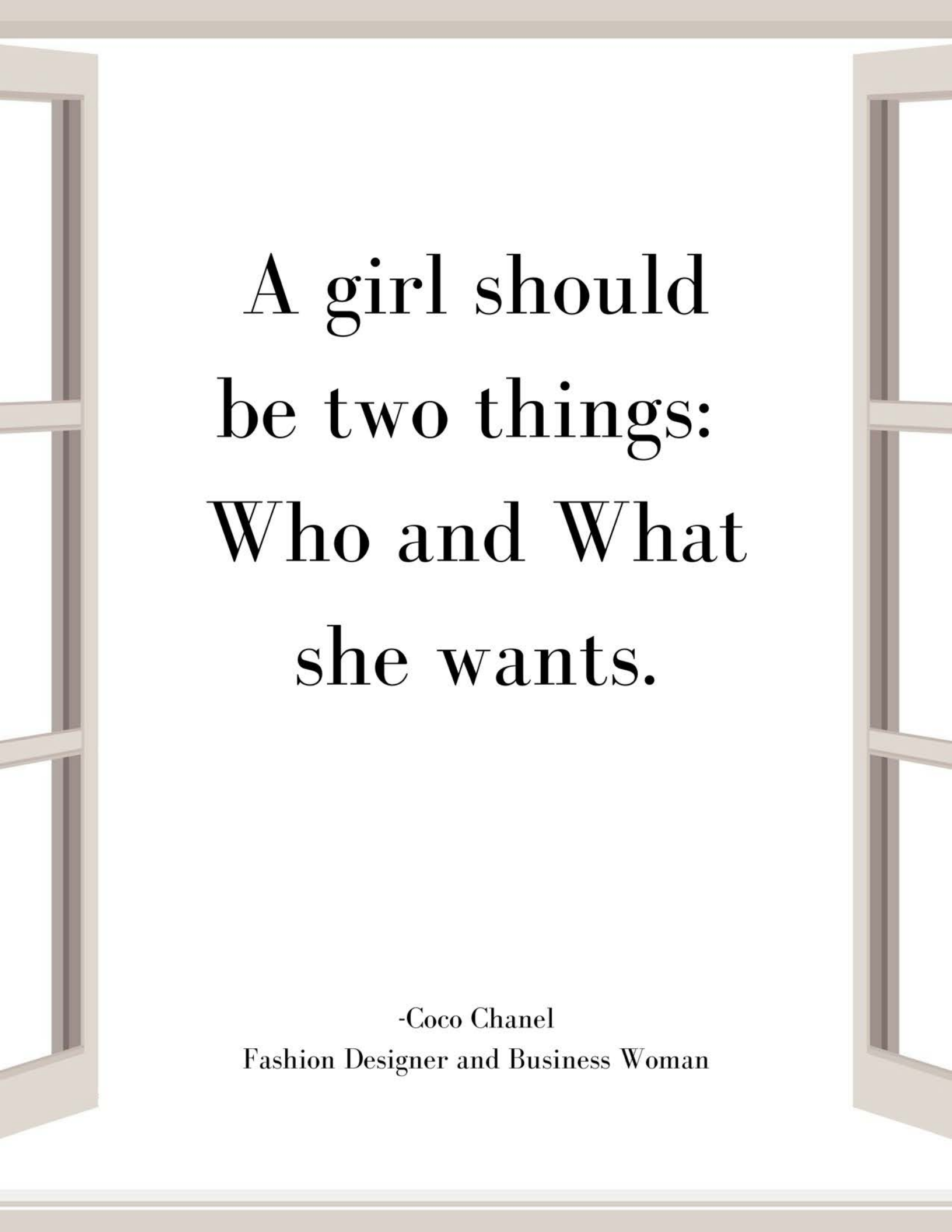


Dedication to your Vibrant Vision requires that you link your vision with your values and purpose.

**Answer this questions:**

How does pursuing your Vibrant Vision get you closer to your values and what is most important in your life?

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



A girl should  
be two things:  
Who and What  
she wants.

-Coco Chanel

Fashion Designer and Business Woman

# COMMITTED ACTIONS

Brainstorm as many ideas as you can for committed actions you could take to bring your Vibrant Vision to life. Be creative, wild, and let your mind wander. The more you day dream here, the more likely you will come up with an action that really lights you up.

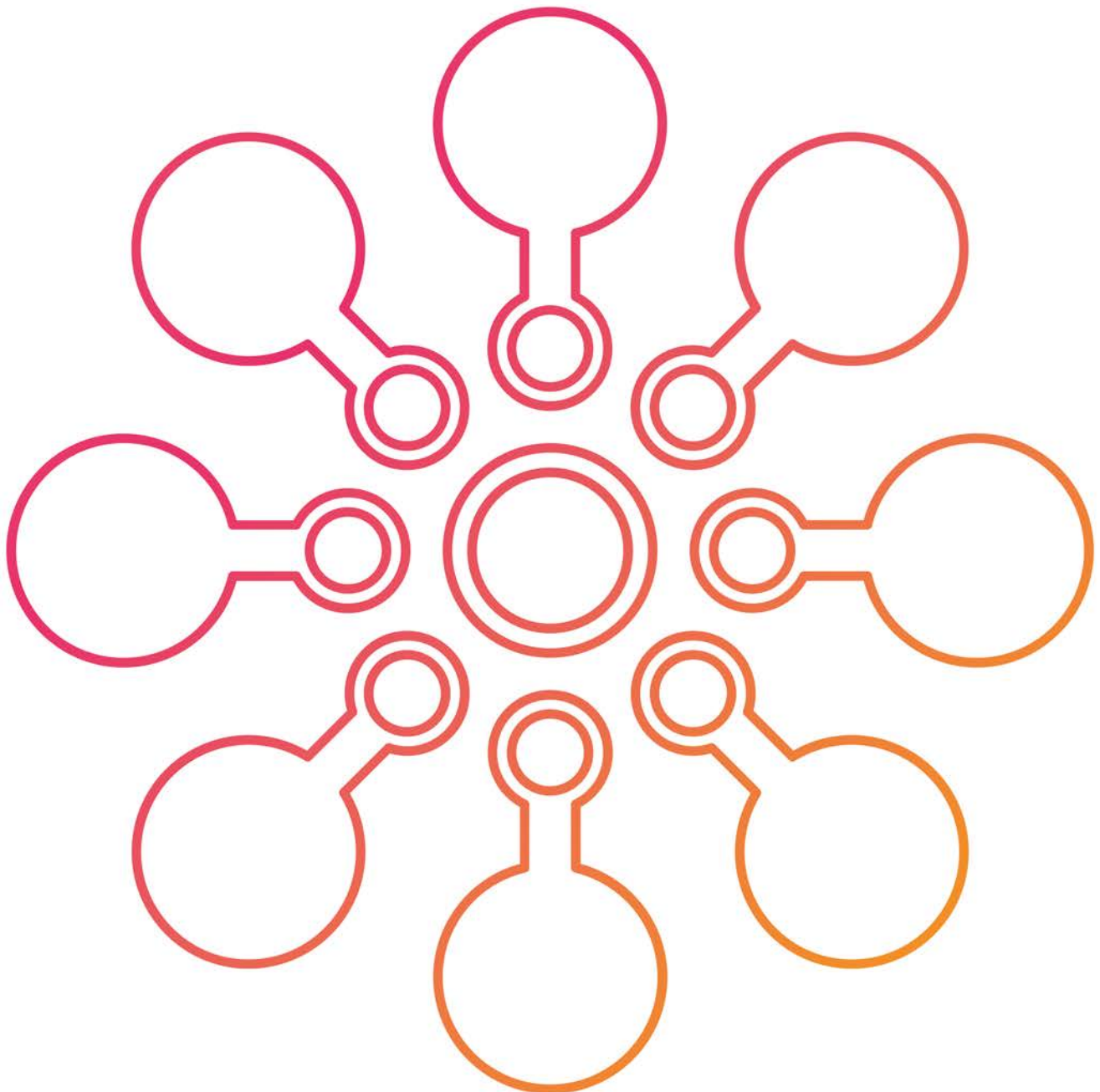


Doodle Space

A series of ten horizontal bars for writing, alternating in color: light orange, light green, light orange, light green, light orange, light green, light orange, light green, light orange, and light green.

# Mind Map of your Vivid Vision

Write your Vibrant Vision in the center of the Mindmap. Write and draw eight actions you will take to move you closer to your vision. Break each of these down into smaller actions. Schedule a little time each day or week to start taking action. Hang this up where you can see it every day. If you are inspired, make an artistic rendering of your mind map. Congratulations! You have your Vibrant Vision and your plan!



# Relapse Prevention Plan

**Three actions I will take towards my Vibrant Vision:**

**Preparation:**

**What I expect might happen:**

**What is the worst thing that could happen?**

**What is the best that could happen?**

# Planning for Success

How will you implement your new Vibrant Vision strategies into your life? How do you want to feel as you take action on your Vibrant Vision? Frustrated at the pace or easy going and trusting you are on the right path? YOU get to choose how you want to feel about it, so decide now!

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 your Vibrant Vision?

# PURPOSE

The word 'PURPOSE' is centered at the top in a large, bold, black serif font. Below it is a large, empty area filled with horizontal, light-colored lines, resembling a notebook page for writing.



# Vibrant Vision

You have completed a month focused on your Vibrant Vision. Are you ready to take action? These exercises were created for you to take inner and outer actions to help you move towards your vision. Like any great adventure, it takes time, energy and love. Your vision is a worthwhile investment.

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

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!*



**I am grateful  
for...**



**I believe I can...**



**I am a modern  
creative  
woman who...**

*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

# IDEAS

A series of horizontal lines for writing, spaced evenly down the page. The lines are light brown and extend across the width of the page.

# IDEAS

