



**The
Modern Woman's
Guide to
Creativity
Week 1**



**Creation takes things forward.
Without anything
new, there is no progress.
Creation equals new.**

— Rei Kawakubo

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present





What do you hope to get out of
this workshop?

Raise your Zoom hand or put your
answer in the chat.

Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Housekeeping

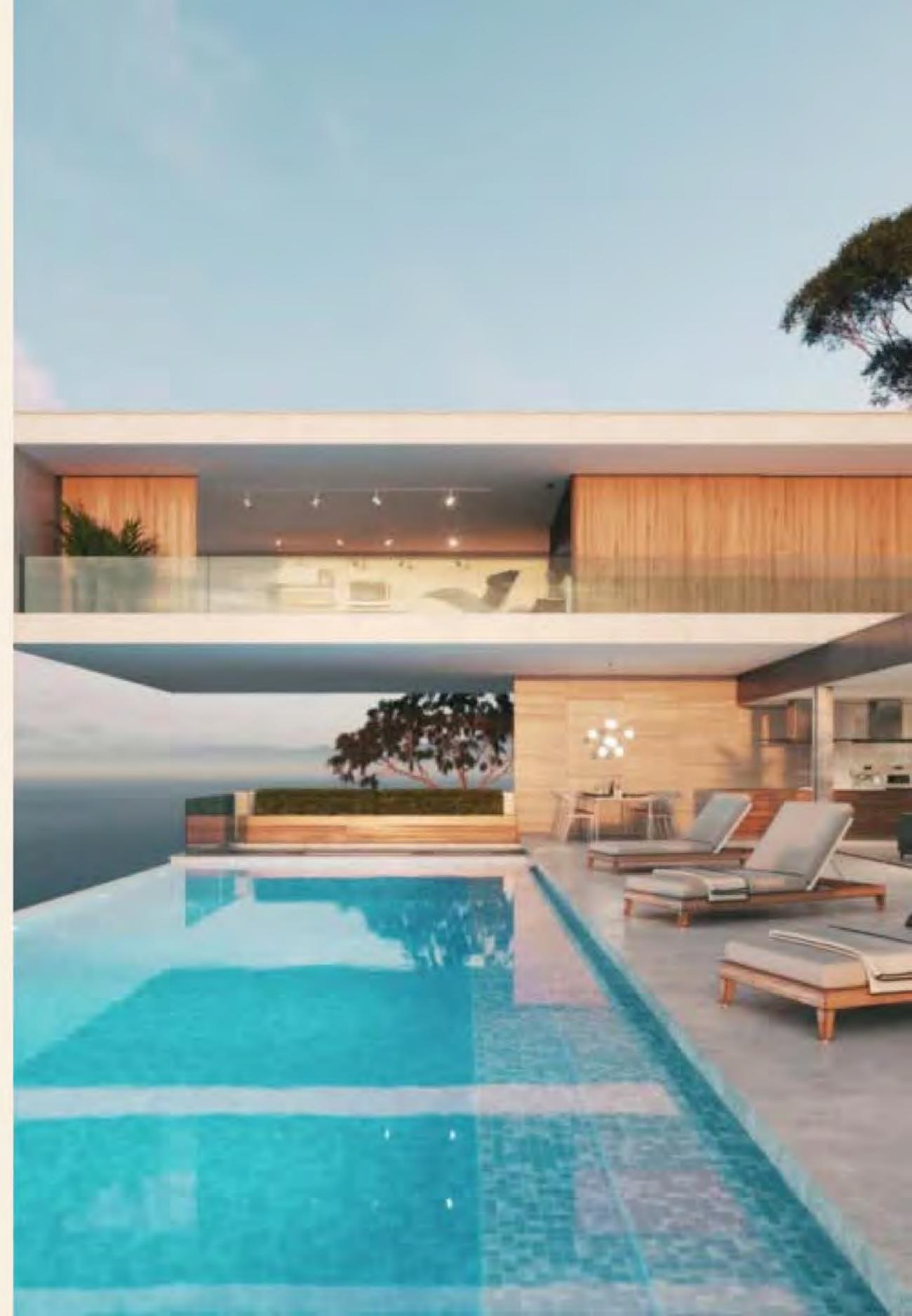
This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there...if you participate in class, your
voice/image will appear on the video.

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The Modern Creative Woman



Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

What is Art?

**At first thought, you might
imagine this...**











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Art is this as well...



























Creativity is...





1. Write down a definition of creativity.
2. What does it mean to you?

Raise your Zoom hand or put your answer in the chat.



Defining Creativity

- Creativity is the mental processes leading to an invention, solution, or synthesis.
- Creative solutions might use preexisting objects and ideas, but somehow create a new relationship between them.

American Psychological Association



Primitive Art

- Art is throughout humankind and across cultures, for personal and public expression.
- Cave drawings in the Huns Mountains of Namibia in Africa...over 27,500 years old! Predate cave drawings in France and petroglyphs in the United States.
- “Making our mark” lets us see ourselves as both part of the collective, as well as separate & unique.
- Reflecting on primitive art helps us connect to the larger experience of being a human in a shared condition
- Making marks on paper helps us connect to our lineage of human artists.





Biology of Creating

- Creativity is part of our biology and psychology.
- Art and creativity have evolutionary advantages for our survival.
- Costume, dance, stories, invention, "making special."

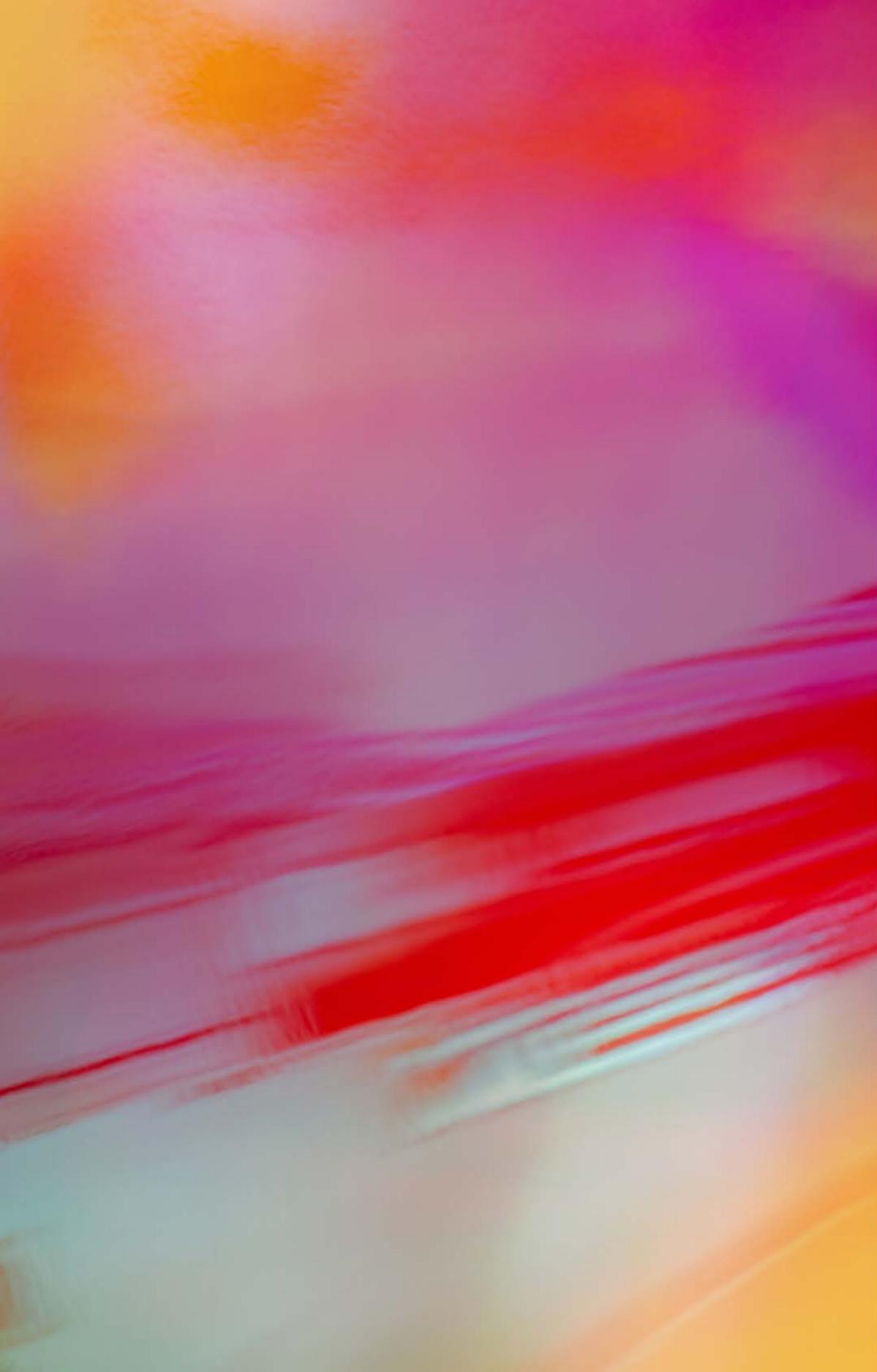
Ellen Dissanayake,
cultural anthropologist





"Art as a Way of Knowing"

- Creativity and creative thinking helps us know ourselves, others and our communities
- Helps us enjoy life.
- Satisfies our wish to "leave our mark," have an impact, or leave a legacy.
- We all have the natural capacity and urge to create.



Research shows creativity is **not** a fixed trait that you either have or don't.

Creativity is developed and improved with practice, exposure, and training.

Creativity is...











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毎週火曜 PM 8:00

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道頓堀の美味しいものと
恵ガセリ菌SP株ヨーグルト

軽々、つづく。

ガセリ菌SP株が
内臓脂肪を減らす

ようこそ道頓堀へ
歓迎光臨 道頓堀

雪印メグミルク

おいしさと健康

Glyca

夢ある住まい
エステムシリーズ

日商エステム

かぜに
改源

CHINTAI

天気予報

18時	24時	6時	12時	10/10
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サムテ!

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Write down as many words as you can
think of to describe yourself.

Be fair and balanced and without
judgement.

(2 minutes)

Presence



The worst
enemy to
creativity
is self-doubt.

— Sylvia Plath

The Modern Creative Woman



Presence

- Ability to make contact with the present moment, separate from your thoughts and feelings about it.
- Observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.
- An open, non judgmental stance.

Self as Context

- Higher self
- Mindful self
- Spirit
- Spiritual self
- Constant presence - the you who has seen everything
- Wise self
- Connection to nature
- Source

Presence in Art "Flow"

- Focus.
- Awareness of the present moment.
- Time expands or contracts.
- Urge to keep going.
- Task is challenging, but not frustratingly difficult.
- Flow increases happiness and lowers anxiety.



The 3 Benefits of Flow

- You become more self-confident because you feel skilled and capable. You're investing energy toward goals you've deemed worthwhile.
- You improve your experience of life. Even boring tasks are rewarding when made to align with your goals.
- You become a more complex individual: capable and unique, sense of integration. Consciousness is "well-ordered" and you feel in balance with the different parts of who you are.





People are happiest when they feel in control of their inner thoughts and feelings and experience a “flow state.” This is a sense of enjoyment, purpose, and meaning.

Csikszentmihalyi, researcher and author of *Flow*

Guided Imagery



Breath &

Art











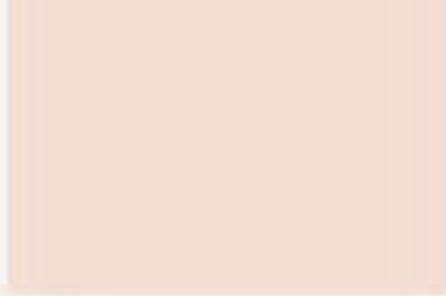
I am a woman who...

- **is on a journey.**
- **looks for flow.**
- **enjoys herself.**
- **is able to easily focus on what is most important.**
- **looks to the future for inspiration.**
- **expresses herself authentically.**
- **creates her story.**



Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

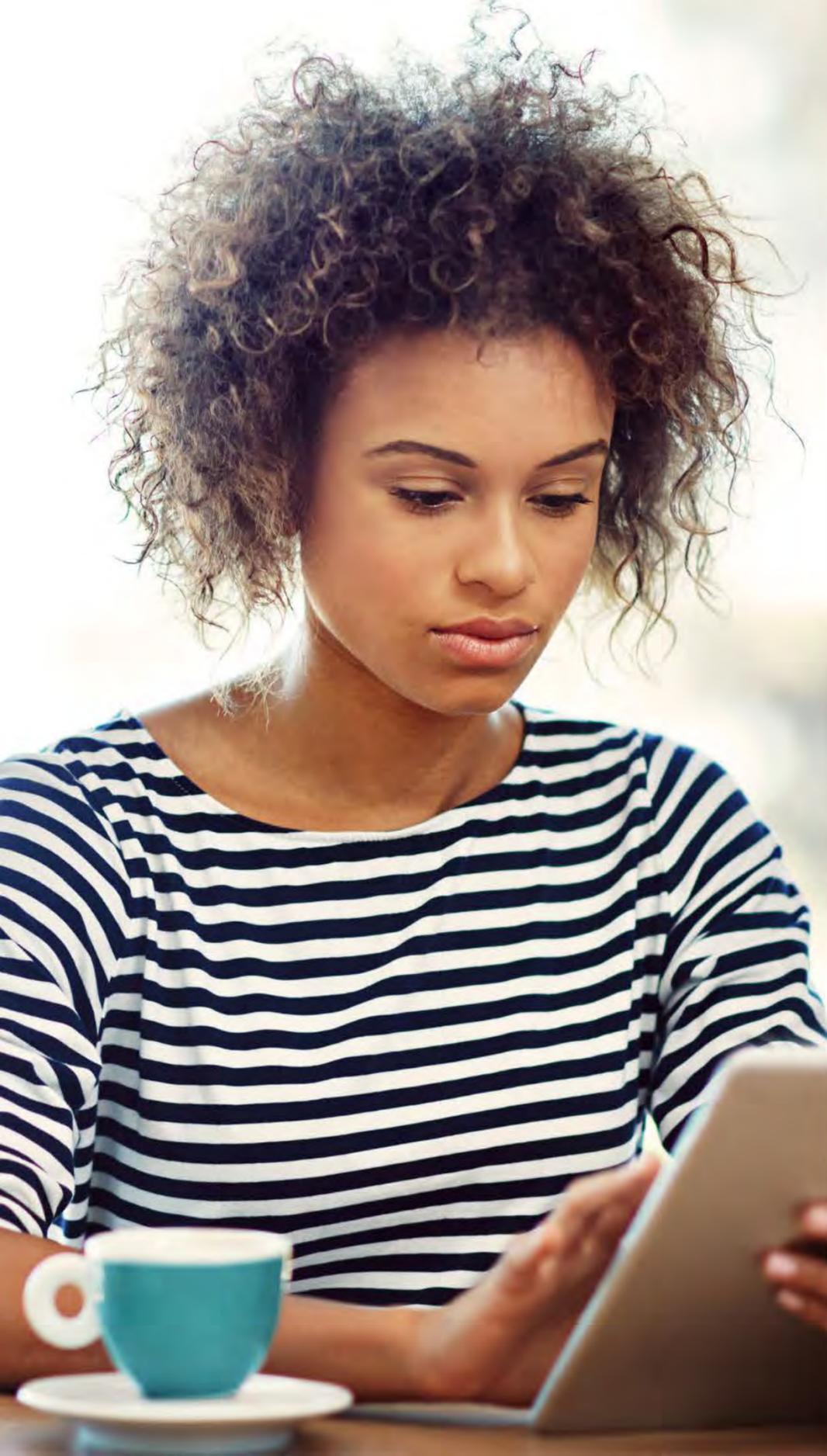
What might this be?

3

Writing & Mind Map

4

Visual Expression & Reflection



Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like to answer for yourself.
- "How" questions are the best.



Creativity Game

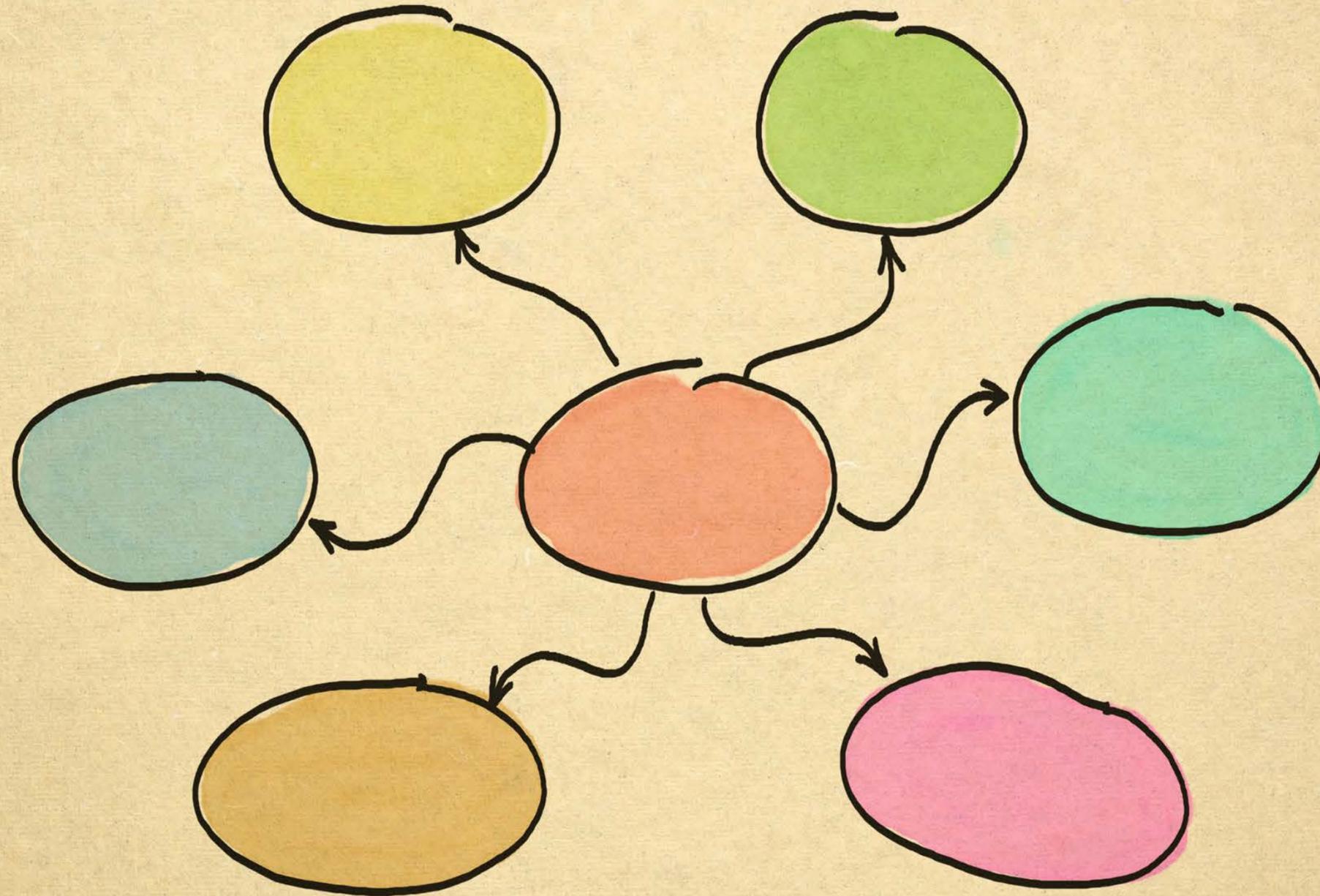
- What might this be? (Round 1)
- The activity stretches your creative thinking skills.
- Set your timer for two minutes and write down as many ways as you can think of to use a particular item.
- Don't peek at the item (listed at the bottom of the page) until you are all set with your timer.

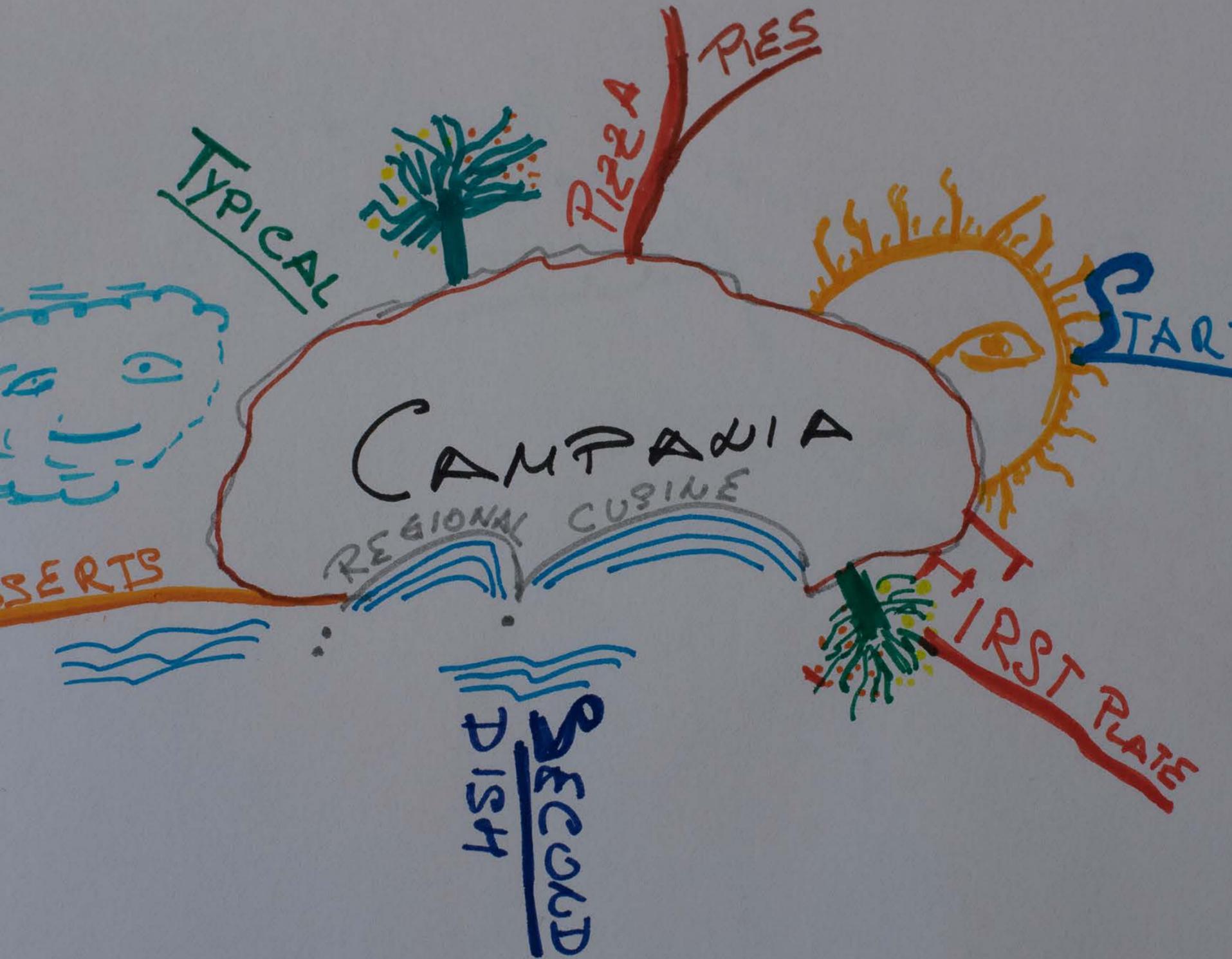


Creativity in Writing

- Select one area of your life about which you would you like to have some creative thinking.
- Choose something you are currently working on, want to enjoy more, or want to change.
- For example - you want to feel differently about your family or work, make more money, experience more romance, get along better with someone, know yourself more deeply, generate more energy, make new friends, etc.
- Answer the questions & focus on how you want to feel.
- Create Mind Map

Mind Map





Mind Map

- A diagram used to visually organize information.
- Shows relationships among pieces of the whole.
- It is often created around a single concept and what ideas we associate to it...images, words.



Creative Expression

- Create a scribble. Keep your marker on the paper the whole time.
- Write a list of what it "might be" - what shapes and pictures you see.
- Add to the picture so it "becomes" what you decide.
- This is a powerful art therapy technique using convergent and divergent thinking.
- However you do it will be great!



Everybody is talented
because everybody who
is human has something
to express.
— Brenda Ueland

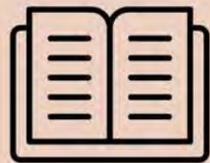


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

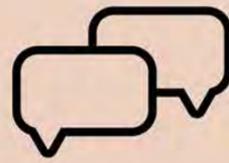
Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

To continue the conversation about your values and each month's topic, let's chat each Friday at noon PST on IG live @dramybackos

June special!
20% off a VIP day of creativity coaching

www.arttherapycentersf.com

Vulnerability is the birthplace
of innovation, creativity and
change.

— Brene Brown





What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!