




**The  
Modern Woman's  
Guide to  
Creativity  
Week 2**





**You can't use up creativity.  
The more you use, the more  
you have.**

— Maya Angelou



# 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







When & where do you feel most  
creative?

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



# Modern Creative Woman Timeline

## **PRESENCE**

PRESENT  
MOMENT  
AWARENESS

## **MINDSET**

RELATIONSHIP  
TO YOUR  
THOUGHTS

## **PURPOSE**

YOUR  
UNIQUE  
VALUES

WEEK  
**01**

WEEK  
**02**

WEEK  
**03**



# Two types of thinking

Convergent and Divergent





By looking at a situation from a unique perspective we may experience a “light-bulb” moment that inspires a unique solution...divergent thinking.

It is the opposite of convergent thinking, which involves finding one solution that is usually based on logic and linear thinking.

-Dave Cornell



# Divergent Thinking







# Divergent Thinking

- Putting things together in new ways, using existing technology to solve a problem.
- Solve a problem / make a decision using unusual strategies.
- "Diverges from" usual strategies.
- No "best" answer.
- Also called lateral thinking or brainstorming.
- Characterized by free-flowing thinking.  
(Guilford, 1956)





# Examples

- "Don Draper moments."
- Making a meal with whatever you have.
- Improv in music, dance, tea leaves, conversation.
- "Exquisite corpse" art.
- Intuition.
- Waiting for the right answer. No rush.
- Starting with a question rather than a desired solution.
- Flow.
- Asking "how" not "what" questions. "How can I be most authentic self?"









# Why use Divergent Thinking

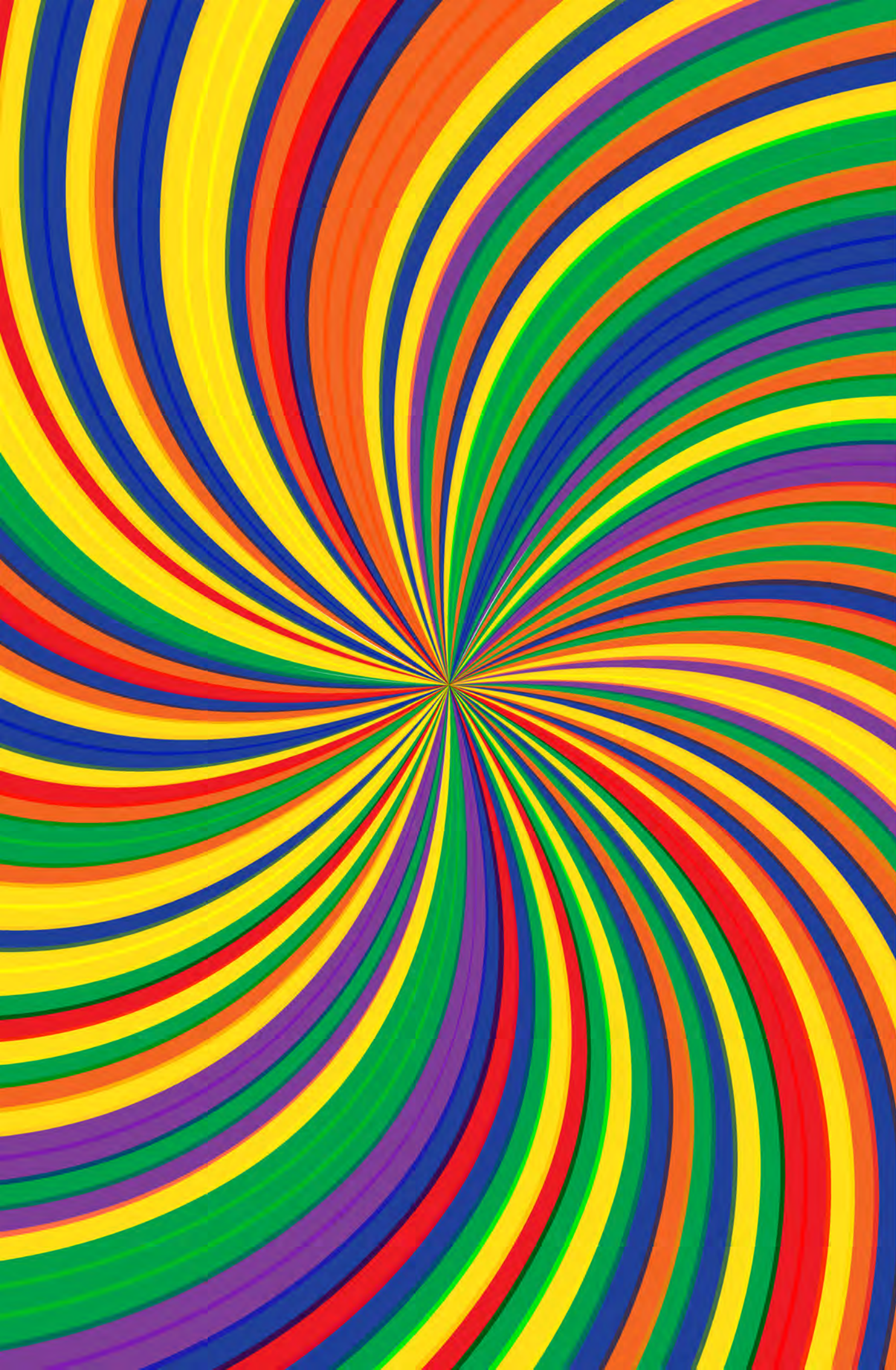
- Helps you move past old ways of being & thinking.
- Helps you get motivated for change.
- Offers the possibility of "something better."
- Gives you greater perspective.
- Makes you look & feel wiser.



# Convergent Thinking







# Convergent Thinking

- Linear, logical steps to analyze a number of already recognized solutions to a problem.
- Determines the correct/best solution or the one strategy likely to be successful.
- “Converging on” one solution or idea.
- Also called critical thinking.
- Characteristic of systems & schools.



A decorative background on the left side of the slide featuring swirling pink and white smoke or ink patterns.

# Examples

- Pro and con list.
- Examine what has worked in the past.
- Look to the past to inform you about what is possible for the future.
- Focus on one solution.
- Wanting to make a quick decision.
- Evaluate, test and assess.
- Follow a formula, pattern or recipe.





# Why use Convergent Thinking

- You need to make a quick decision.
- Evaluation and testing.
- You are studying for/taking a multiple choice test.
- You already used divergent thinking and are ready to decide.
- You are looking for a specific answer.
- You feel confident this is the "best" decision.







**How to use  
these thoughts  
today**





## **Divergent Thinking**

- How can I get money for my bills?
- How can I be fit and healthy?
- How can I embody a modern creative woman?

## **Convergent Thinking**

- What should I do to get a job?
- What can I do to lose weight?
- What should I do differently?



# Thinking Exercise





**Write down all the ways  
you can think of to use a  
wood block about the  
size of your hand.**







**Pick one of the ways that you think would most amuse a 4 year old child.**

**Write down what you could do to make that block appear to be the object you imagined.**





You just used divergent and convergent thinking.  
What did you notice?

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



# Mindset





The creative person is  
willing to live with  
ambiguity.

She doesn't need problems  
solved immediately and can  
afford to wait for the right  
ideas.

—Abe Tannenbaum







# Mindset

1. Acceptance of what is (internally and externally) without judgement or struggle.
2. Your relationship to your thoughts.



# Acceptance

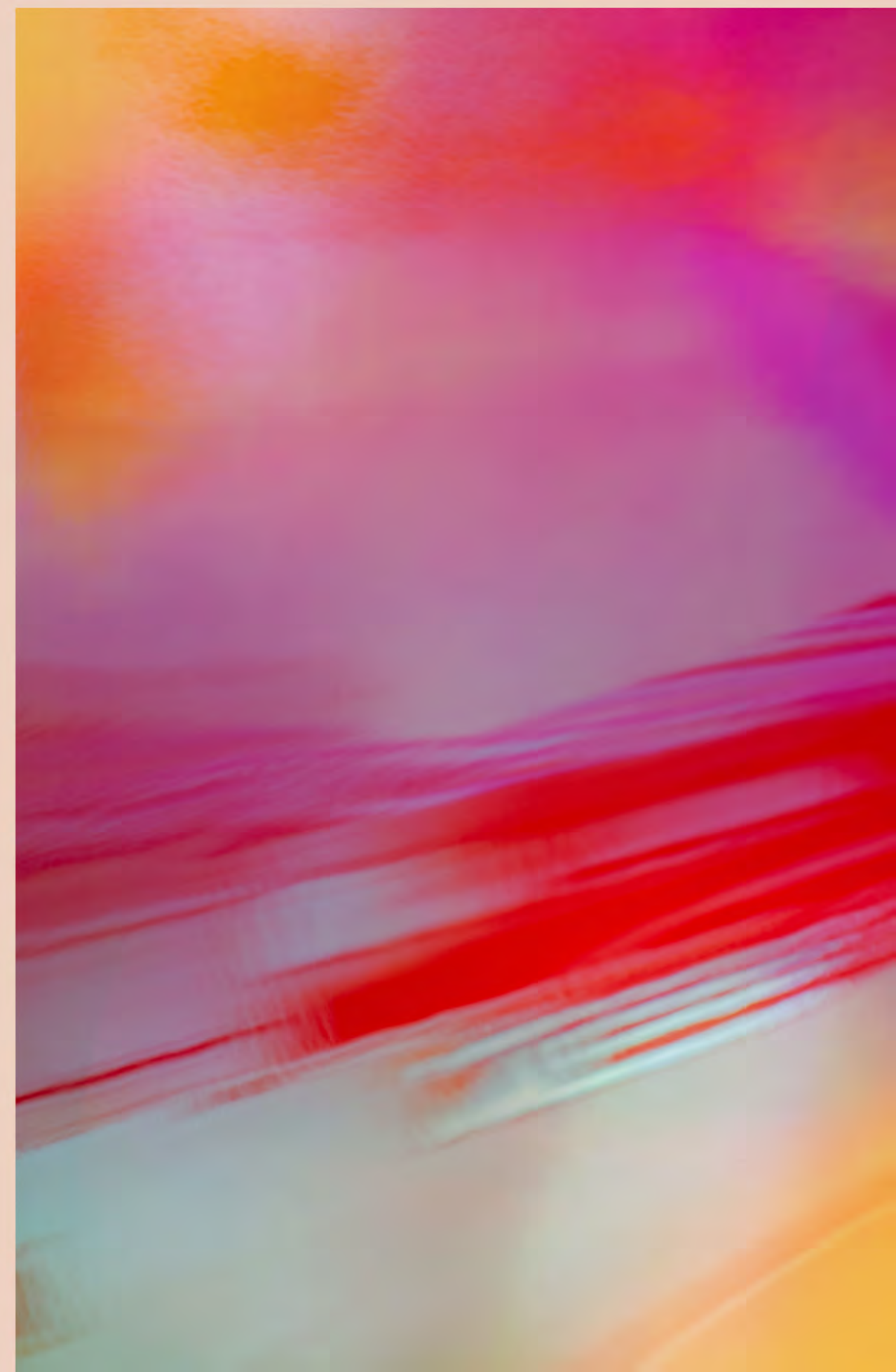
- Your ability to see and relate to "things" for what they really are.
- Internal: thoughts, feelings, bodily sensations.
- External: circumstances, environment.
- Requires a non-judgmental stance (thoughts, language, and behaviors).
- Responding to situations "as they are" instead of quickly reacting to how you want them to be, or how you decide they are based on the past.





# Acceptance to increase your Creative Thinking

- Observing what is.
- Accepting you might not see the big picture.
- Recognizing our limitations at work, home or personally: insight, physical, time, etc.
- Getting assistance and support.
- Delegate.
- Lingering with an idea. No rush.
- Looking again & again until you come up with another question & new thoughts.







## Relationship to your Thoughts

- You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts.
- Defusion from thoughts: taking perspective on thoughts, knowing they are just an option, believing them is not mandatory.
- Choosing thoughts that move you towards your values.



# Defusing from the Solution

- Most people think they know best, they are always right, and their thoughts are true.
- It is impossible to be right all the time!  
Thoughts are neurons firing - they are not "right or wrong."
- Many people believe perfection is possible.  
Pursuit of perfection is usually insulting.
- We have huge gaps in knowledge and many blind spots. Actively looking for these blind spots with curiosity increases our perspective.
- Cultivating flow promotes cognitive defusion and perspective.





# **I am a woman who...**

- is modern and creative.
- lives in the present.
- keeps her eye on the future.
- opens her mind to new possibilities.
- creates her life everyday.

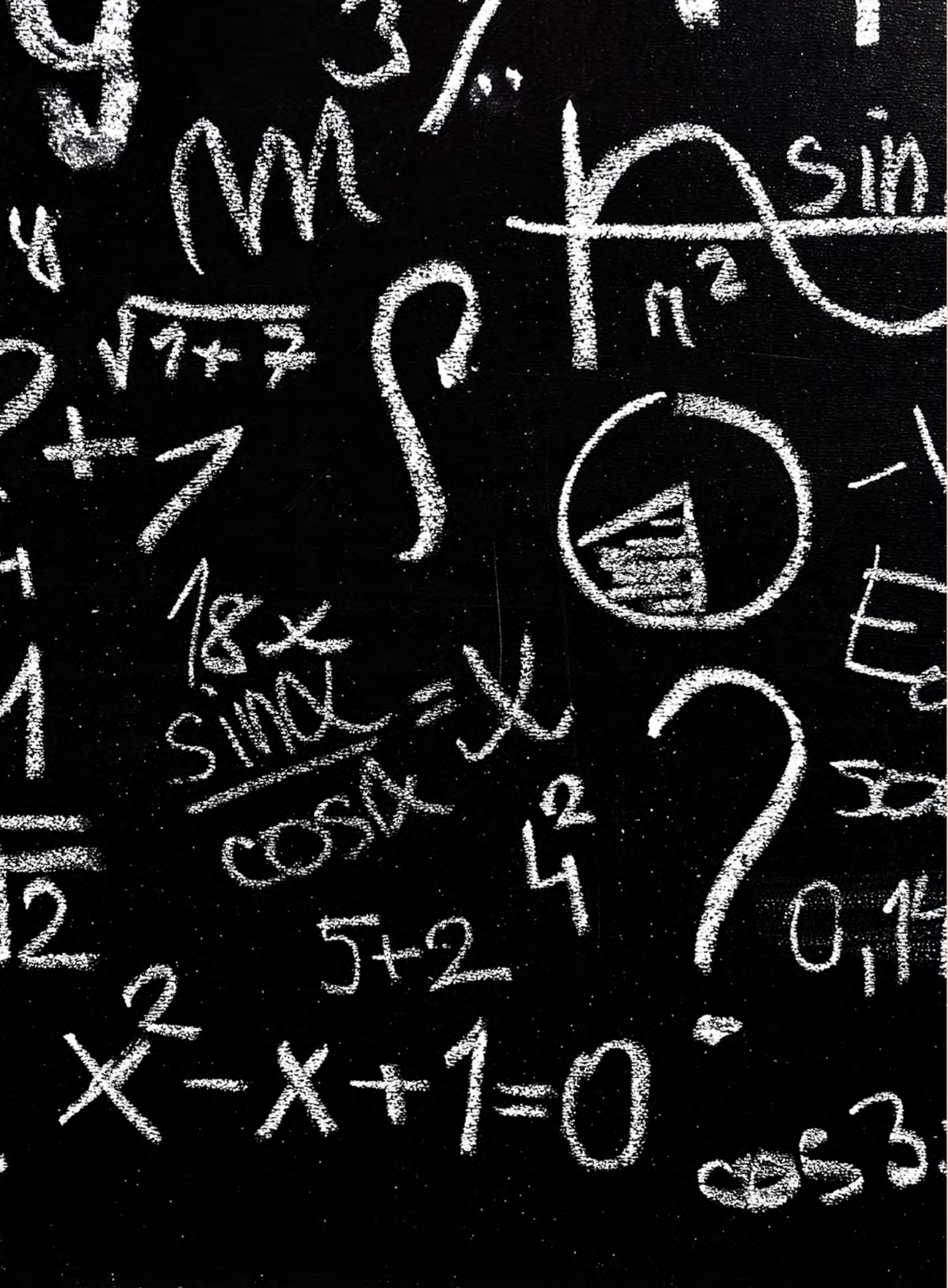




**Stretch your brain**







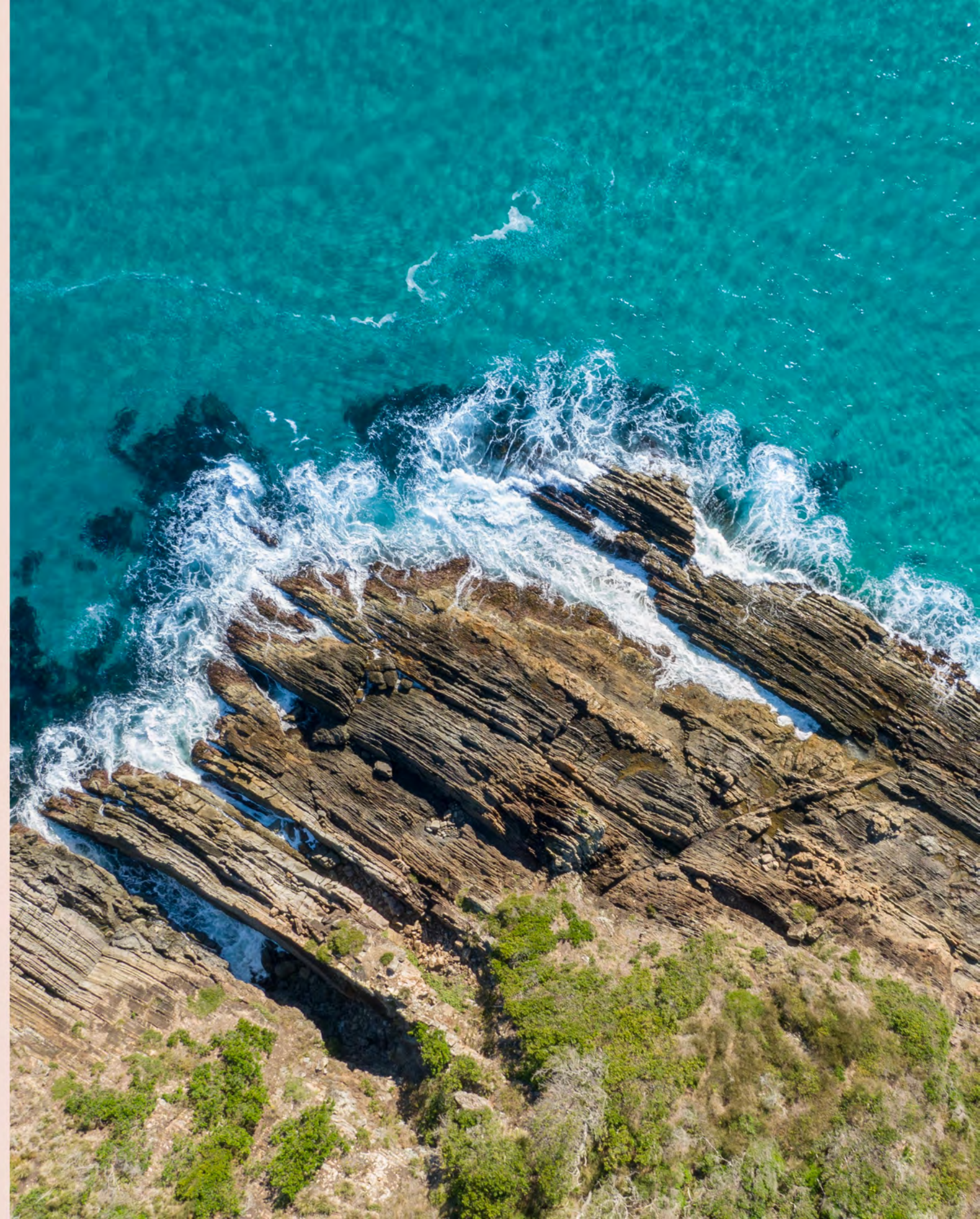














# Your Reflections for the Week







# Your Inspired Action

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

1

**What might  
this be?**

2

**Always  
Never  
Sometimes**

3

**Creativity  
Game**

4

**Visual  
Expression  
& Reflection**





# Creativity Game

- What might this be? (Round 2)
- 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.





# Always - Never - Sometimes

- This exercise helps you observe and understand the cognitive distortion of "black and white thinking".
- Select one area of your life about which you would like to have some creative thinking.
- Create 3 Mind Maps.
- Reflects how you want this area to be, how you want it to never be, and what areas in the middle you can expect some balance in between what you want and what you don't want.
- Can include art and words.



# Crayola Colors

- Powerful verbal & visual exercise.
- Crayola needs to name its new crayon colors and they hired you to do it.
- Find two images on your phone, in a magazine or on Pinterest.
- Title each picture using a color in the title and then combine the titles to create the new color name.
- Play around with the titles and final name until your title makes you smile.
- However you do it will be great!







**Palm Frond Green**

+



**Sunset Gold**

**= Palm Sunset**





**Rainbow Black**

+



**City Blue**

**= Rainbow City**





# Creative Expression

- Reflect in writing what you noticed this week about your creativity.
- What different things are you combining in your mind this week?
- However you do it will be great!



There's room for everybody on  
the planet to be creative and  
conscious if you are your own  
person.

If you're trying to be like  
somebody else, then there isn't.

—Tori Amos







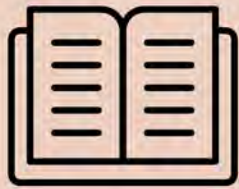
On a scale of 0 -10, how present are you  
right now?

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

Put both numbers in the chat.



# What To Do Next



## **Review**

Review your workbook.



## **Make the commitment**

Schedule 20 minutes a day & put in your planner.



## **Exercises**

Read and complete the exercises for the week.





What will you remember about  
today's class?

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





# 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](http://www.arttherapycentersf.com)



Vulnerability is the birthplace  
of innovation, creativity and  
change.

— Brene Brown







Thank  
you!