

creative
rest

week 3

Rest is my birthright and I need do nothing to earn or deserve it. It is a mandatory part of being a human.

I do not need to accomplish something or please someone or finish something, or feel something before I rest.

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



Time for a Deep Breath





What were some of your favorite
rest moments this week?

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

**Creative
Rest &
Your Purpose**





You require creative rest in order to move towards your values and your purpose.

Purpose





Your Purpose

- Your chosen presence and actions in the world.
- Taking your unique perspective in every moment.
- Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.

Purpose = Values + Committed Action



Values

- What YOU find most important.
- Personally determined & unique to you.
- Unrelated to others or how you want to be treated.

Committed Action

- Action (not thoughts or beliefs) and behavior.
- How you show your values to yourself and the world.***



Committed Actions

- "How you show your values to yourself and the world." ***
- This is NOT about making a show to the world, getting on stage or interacting with a lot of people.
- This IS about you externalizing your values so it exists in the world.
- Example - if you value animals, but never let that into the world, it is just thoughts and not a value.



Committed Action Questions

- What actions do you take when you are living your purpose?
- How do your values benefit from creative rest?



A Moment of Creative Rest

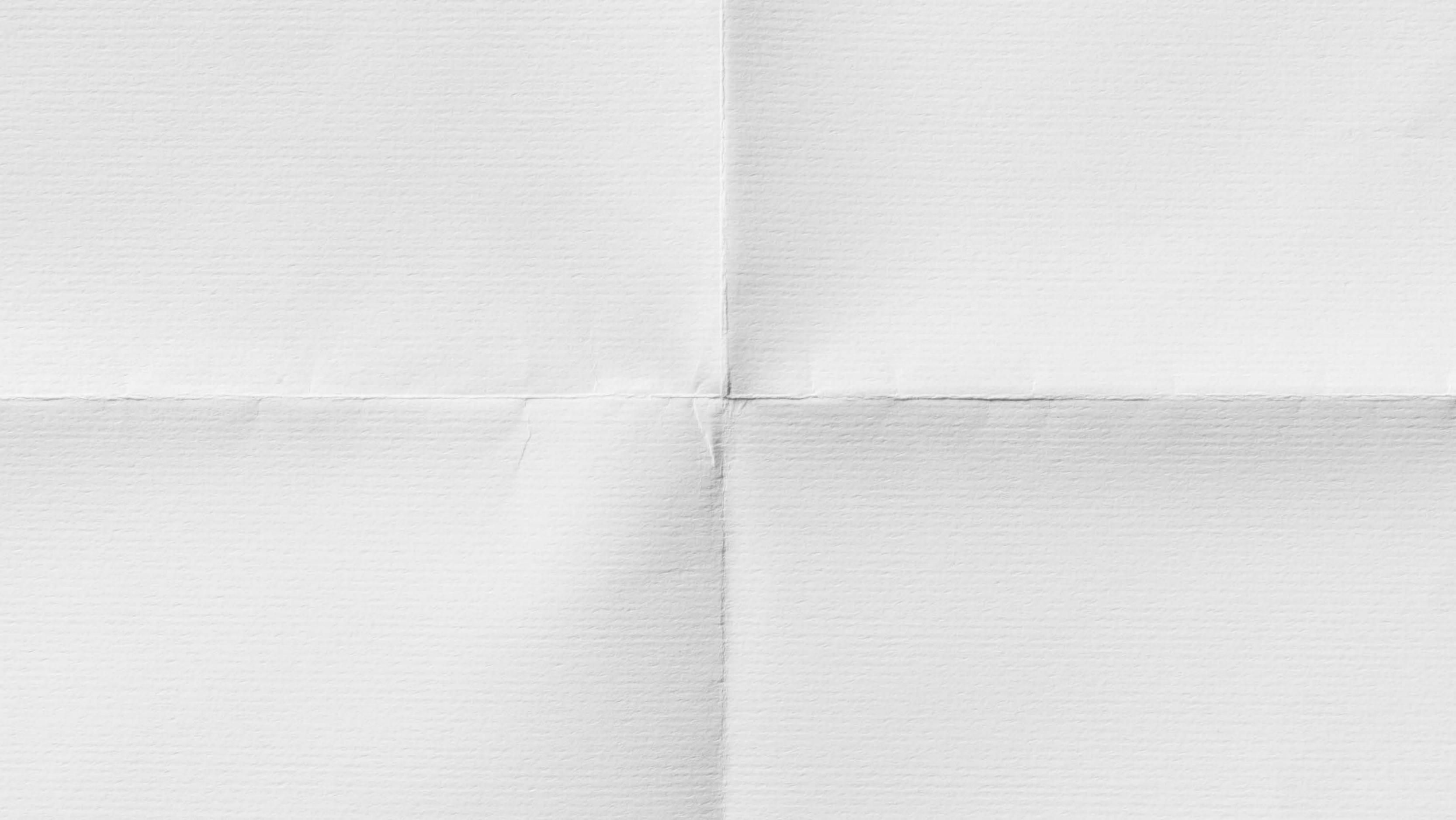




AROSE

Writing & Art Exercise





**What is most
important to
you...today?**

**What is most
important to you...
this week?**

**What is most
important to
you...this year?**

**What is most
important to
you...in your life?**

(5 minutes writing)



Adding Value Language to Your Writing

Add in value-based language to your list.

For example, if you wrote some of your "todo" list for today, link that to values.

- Go to grocery or workout links to health value.
- Visit family links to your value of being a loving family member.
- Work can link to taking care of yourself and your family.



Values & Creative Rest

- **Today** - I want to get my workout in, create these slides, hang out with my family.
- **This week** - I was to be creative in my work, be healthy, enjoy my family, make art.
- **This year** - I want to give more value to some by growing the Modern Creative Woman to reach 1000 women.
- **In my life** - I want to be healthy so I can enjoy my family and my life. I want to leave a legacy of creativity and empowerment for women. I want to be an inspiration for my son. I want to evolve and create myself over and over.



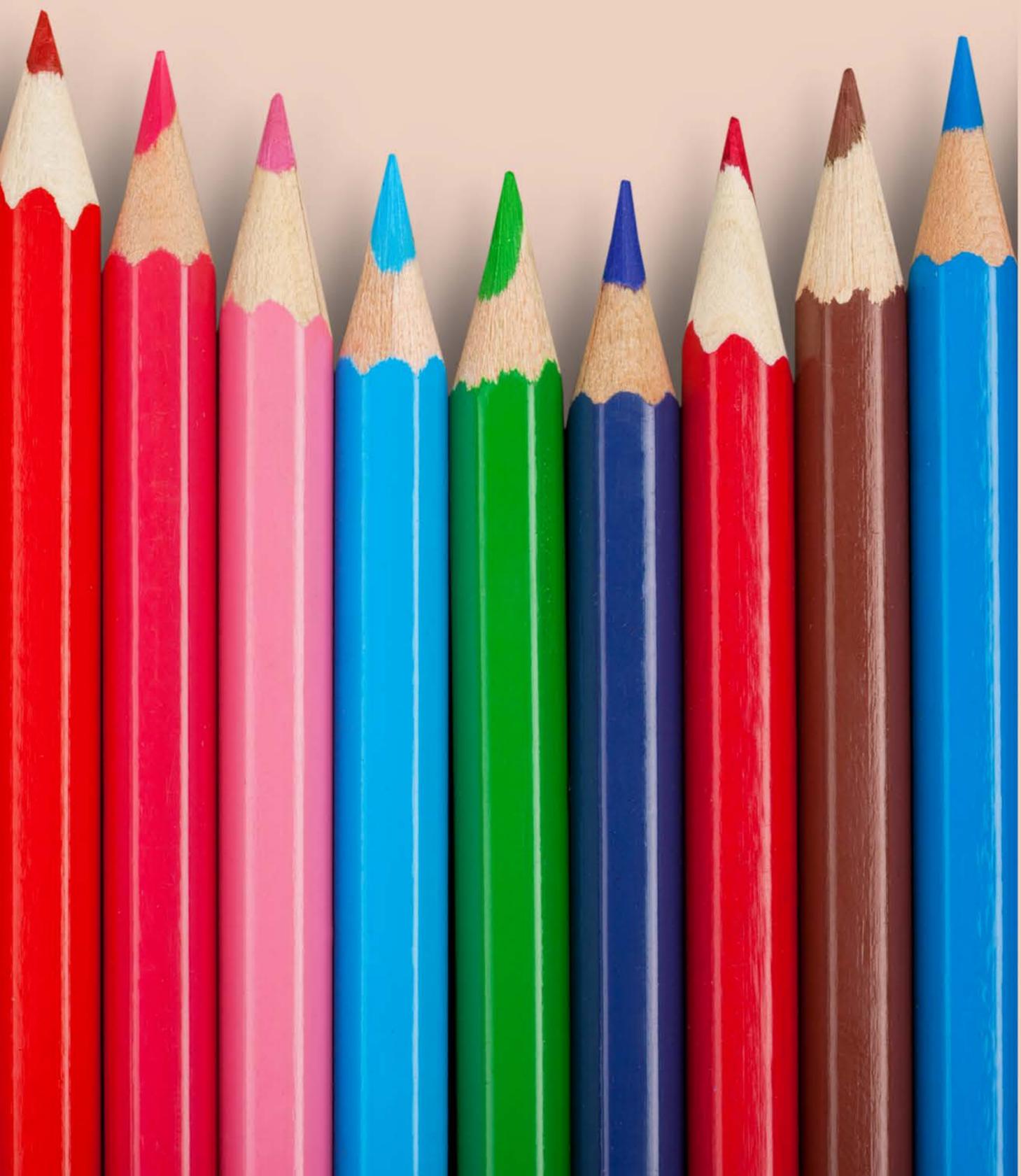
Values & Creative Rest

Ask yourself...

- How does rest figure into your values?
- Why would you need rest to live your values and do what is important to you?

Adding Art





Lines Shapes and Colors

Add lines shapes and colors to your art
to reflect what is most important to you
in your values.

Work intuitively and spontaneously.

(5 minutes)



Tell me about *your art and writing!*



**Time For
A
Deep
Breath**

What was stopping
you?



**In the past, thoughts
and beliefs
interfered with your
creative rest.**



What Thoughts Interfere with Your Creative Rest?

- Judgements about self and others.
- Over commitments/over extension.
- Lack of boundaries.
- Time management confusion.
- Unworthy/undeserving.
- Freezing/procrastination.
- Perfectionism.
- Want to take care of others instead.
- Failure to link creative rest with your values.
- Poor/insufficient sleep, diet, health.





Thoughts Interfering with Creative Rest

- I don't have time.
- I need to figure out this project first.
- I should be hanging out with my family, cleaning the house, etc.
- I am unsure I earned a rest...all I did today was scroll through my phone and procrastinate.
- I need to workout.
- I promised someone I would do something for them.
- I just need to zone out. That's all I can do.
- I'm too tired.
- I have other priorities.

**Remember, you
actively
"get into"
creative rest.**

Creative rest requires your conscious choice to shift away from interfering thoughts and instead, focus on your values.





What Thoughts and Beliefs have Interfered
with Your Creative Rest in the Past?

Let's discuss!

Affirmations





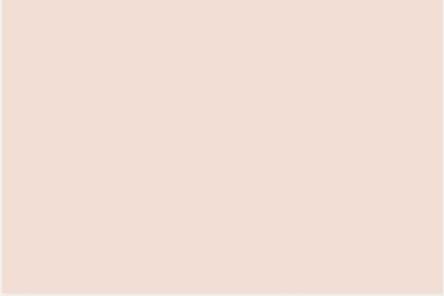
I am a Woman who...

- prioritizes what is most important.
- values her creative rest.



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

**Spirit
Sings**

2

**Feminine
Intuition &
Wordlessness**

3

**Gratitude
&
Mindmap**

4

**Written
Reflection**



Making Your Spirit Sing

- List five simple activities that make your heart dance and your spirit sing.
- How can you weave these activities into your days?
- Create an image to reflect the feeling you receive or want to receive from these activities.
- Schedule one of these activities each day this week.

Embodying Feminine Intuition

- Close your eyes and imagine yourself embodying in this moment the qualities of your feminine energy – intuition, gentleness, and expression.
- Brainstorm 5 ways you can you infuse your creative work with these facets.
- Create a simple design inside a circle to reflect your feelings of feminine energy—intuition, gentleness, and expression.



Wordlessness

- Set your timer for 2 minutes.
- Close your eyes and focus on experience without words...drop into a state of "wordlessness."
- Focus on what you hear and feel. Just notice without labeling or naming it with your words.
- When your timer rings, create a drawing to show your experience using lines, shapes and colors.



Gratitude

- Identify three wellsprings of inspiration that grace your life today (nature, art, community, faith, family, a book or poem, etc).
- Describe the value they bring to your life.
- What makes them so sacred to you?
- Write a heartfelt note to or about one of these sources.
- Give gratitude to the source of inspiration, acknowledging how it enriches your feminine creative rest.



Mind Map of Your Creative Rest Plan

- In the middle of the mind map, write how you want to feel with creative rest.
- Make a mind map showing your personal favorite ways of getting creative rest. Choose activities that take 5 minutes or less. Take a picture of your mind map and send it to me.
- Schedule one creative rest activity a day.
- Keep this mind map where you can refer back to it each week.



Written Response

- What was it like to reflect honestly about creative rest this month?
- Give yourself a grade on your knowledge and use of creative rest before this class started and another grade for now.
- How did your grade improve (or not)? What did you do to make a change?
- What will you change going forward? How will you take action today?
- Avoid judging yourself for what you did or did not do.

Breath it all in.
Love it all out.



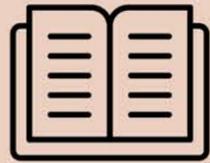


On a scale of 0 -10, how present are you
right now?

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?

Chat each Friday at noon PST on IG live
@dramybackos

Book your Autumn VIP date.

Start your adventure fund...The MCW is
going to Paris!

Find The Modern Creative Woman
wherever you listen to podcasts.

www.arttherapycentersf.com



the greatest act of
self-care is to
believe that we are
worthy of care.

-tara westover



What will you remember about
today's class?

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



Thank
you!