

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





A close-up photograph of several lavender flower spikes against a warm, golden background. The flowers are in various stages of bloom, with some showing individual small blossoms. The lighting is soft and warm, creating a serene and calming atmosphere. The text "Time for a Deep Breath" is overlaid on the left side of the image.

**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





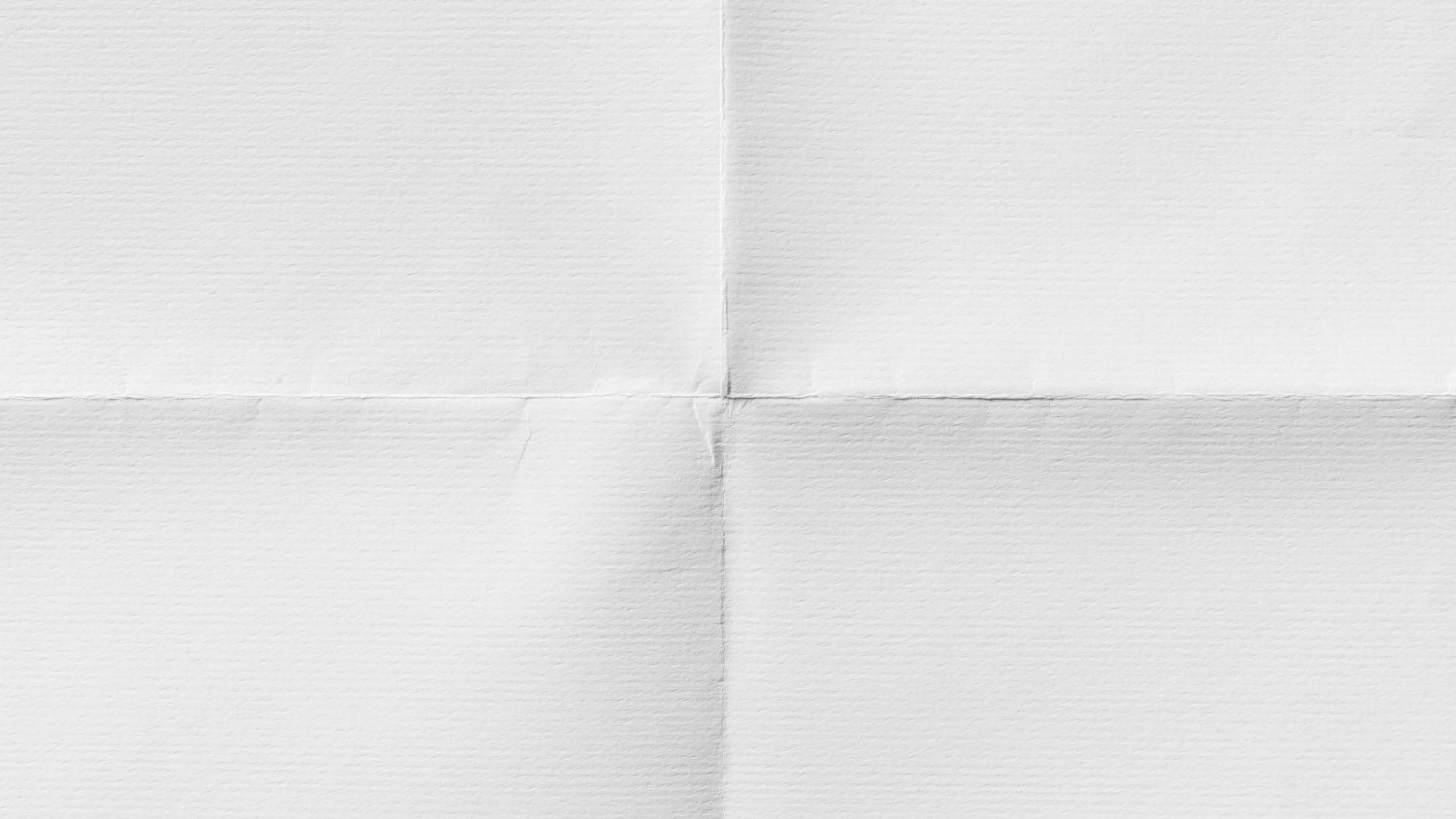




# Writing & Art Exercise









**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...

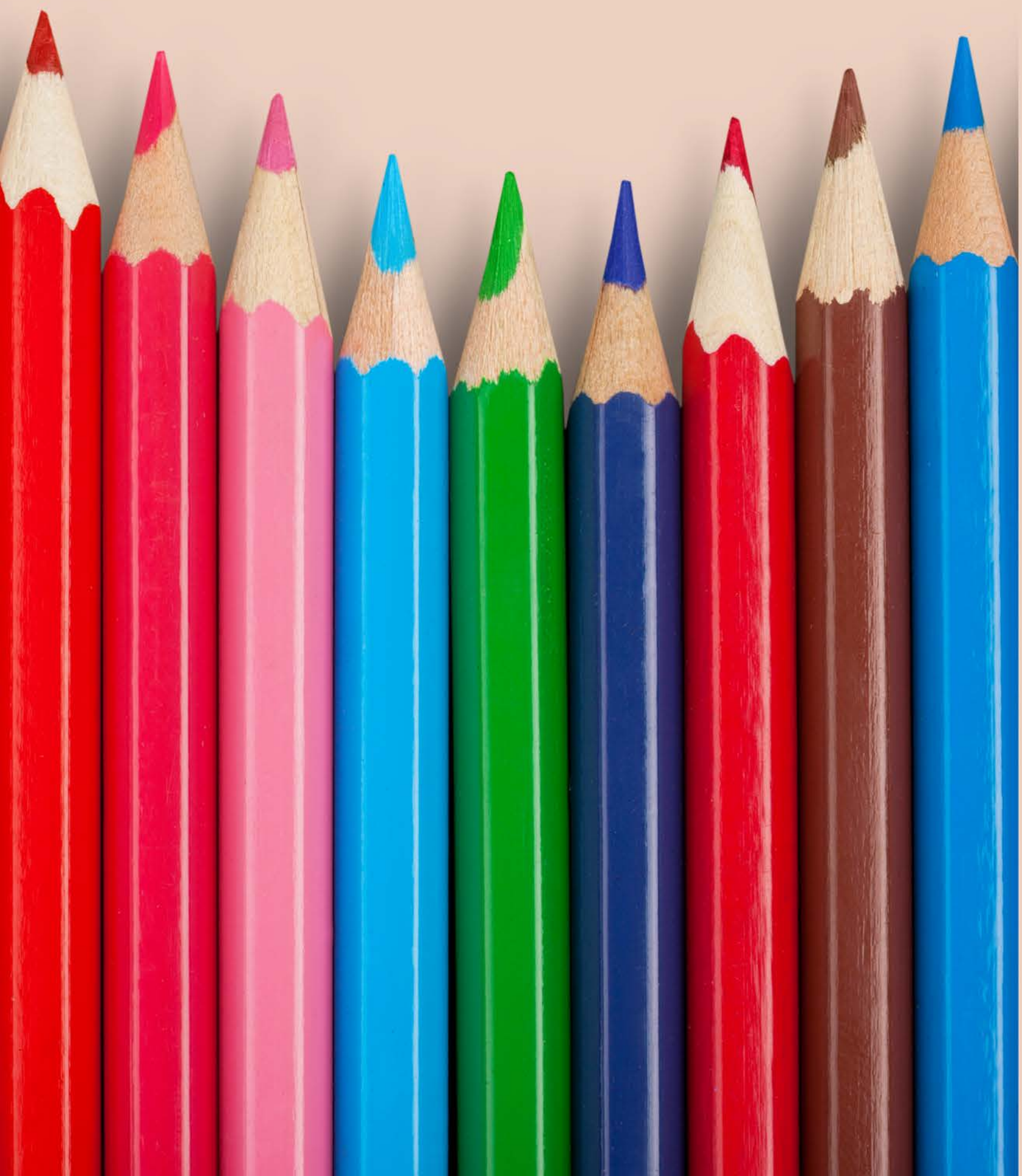
- How does rest figure into your values?
- Why would you need rest to live your values and do what is important to you?



# 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!



A close-up photograph of a green plant with long, slender, arching leaves. The leaves are a vibrant green color and have a smooth texture. They are positioned on the left side of the frame, with some leaves extending towards the center. The background is a plain, bright white surface, which makes the green leaves stand out. The lighting is soft and even, highlighting the natural curves and veins of the leaves.

**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!

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[www.arttherapycentersf.com](http://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.



A bouquet of flowers is arranged on a rustic wooden surface. The bouquet features a large pink daisy with a dark red center, clusters of small white baby's breath flowers, and various green foliage including small green buds and feathery greenery. A light brown, rectangular paper tag with a pointed right side is placed in front of the flowers. The tag has the words "Thank you!" written in a dark brown, cursive script. A small, circular, maroon-colored patch is attached to the right side of the tag, with a piece of light brown twine tied through a hole in it. The background is a blurred wooden surface.

Thank  
you!