

creative
spirit

week 3

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



you have 60000 thoughts
a day!

your purpose gives you context and
direction for managing and all these
thoughts.



What did your creative spirit
know this week that your day-to-
day thoughts did not know?

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

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
03

**Creative Spirit
provides what
you need to live
your Modern
Creative Why.**



Purpose



An ideal Match...

- Your home- a kitchen is ideal for cooking, a bedroom is ideal for sleeping, a garage is ideal for a car, a deck is great for sitting, etc.
- Your car, bike, train, or ride share - ideal for getting you places.
- You're bestie - ideal friendship for you.
- Your favorite shirt - ideal for you to wear.
- Favorite activity - gives you flow.



How You Experience Your Brain

- Your brain is an ideal match for some activities and not for others.
- You have unique strengths and abilities...
- You also have unique areas of weakness and lack of understanding.
- This is normal...our brains are uniquely wired.



Your Zones of Ability



Our Natural Zones Create an ideal blend of skill and satisfaction.

- The zone of incompetence
- The zone of competence
- The zone of excellence
- The zone of genius

(Hendricks, 2010)





1. The zone of incompetence:

something you inherently do not understand/not skilled.

(eg. playing guitar, video games, doing taxes, computer coding)

2. The zone of competence:

you are efficient but many people are likewise efficient at it. You are about the same as others in skill and it does not distinguish your capabilities.

(eg. cooking, baking, running)



- 3. The zone of excellence:** doing something you are tremendously skilled at. Often, the zone of excellence is cultivated/crafted, it's practiced and established over time. People like us here.
- 4. The zone of genius:** capitalizes on your natural, innate abilities (rather than learned). Brings about "flow," gives ceaseless inspiration, work that is creative, distinguished or unique.



Women in their Zone of Genius

Oprah
Mother Theresa
Audre Lourde
Leah Guzman
Angela Bassett
Mel Robins
Beyonce



The problems with Staying the Zone of Excellence

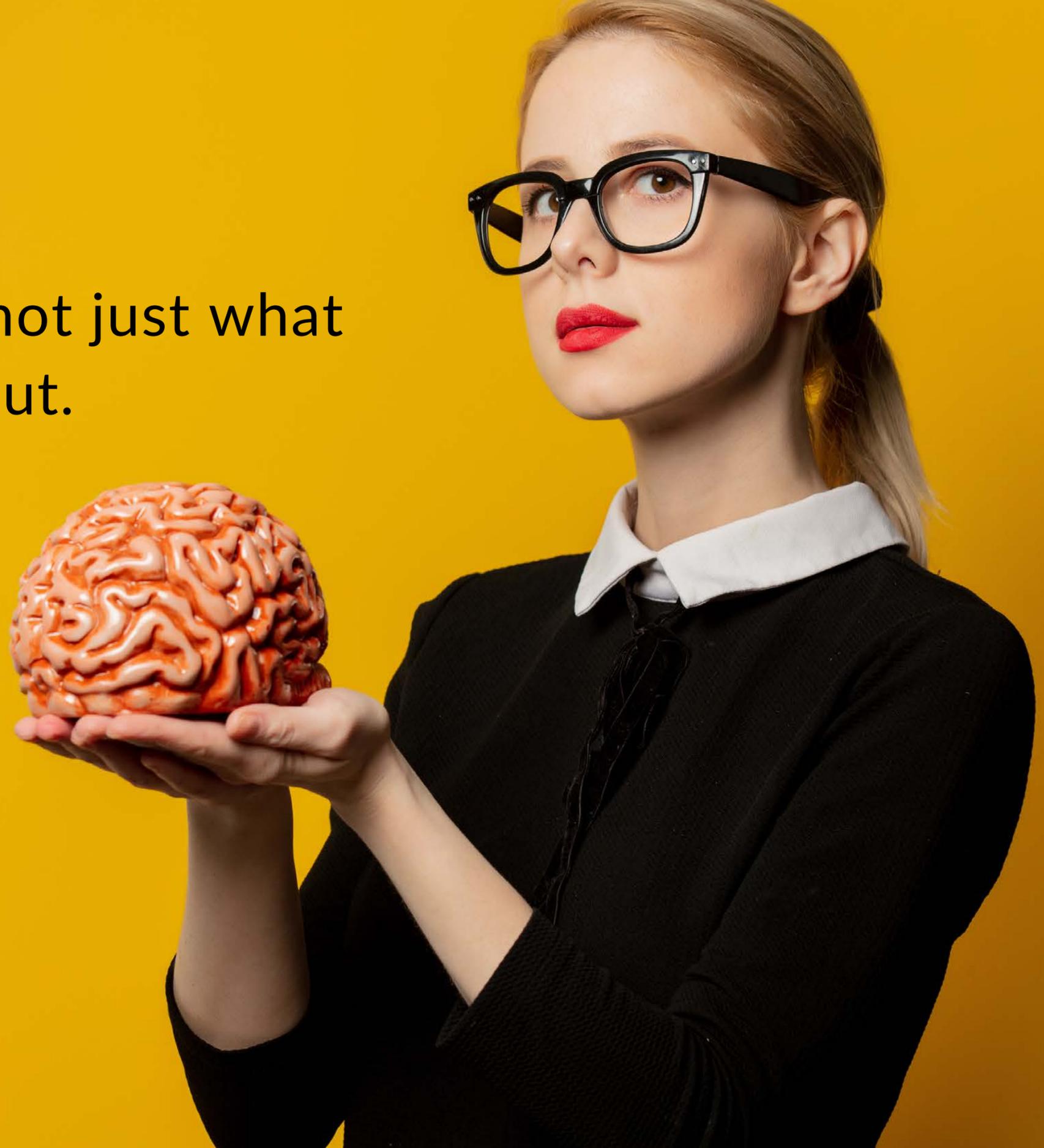
1. Many people here are unhappy.
2. Because it involves work based on your already accomplished mastery.
3. Because it is often building out other people's preexisting needs and ideas, without new personal possibilities for mastery.



Want to move from Excellence to Genius?

1. Does not mean we have to change careers or life paths.
2. Does not mean we have to be entrepreneurs, inventors, or artists. (These are professions where people can be in any zone).
3. Does not have to make us money or be the “best” compared to others.

Your zone of genius is not just what you're "passionate" about.



It's not just what you like the idea of.



In fact, it can often be something you may not love a whole lot initially, but it's something you recognize you are naturally gifted at.





- When you can identify your skills/interests, you can capitalize on them by working on them consistently.
- Removes any judgement about the zones where we are not excellent.
- Makes life more fun!



Your Zone of Genius formula

- What feels like little effort or mostly effortless for you.
- Can do the work or create quickly and without too much thought.
- Combine your natural talent and skill with hours of practice and repetition.

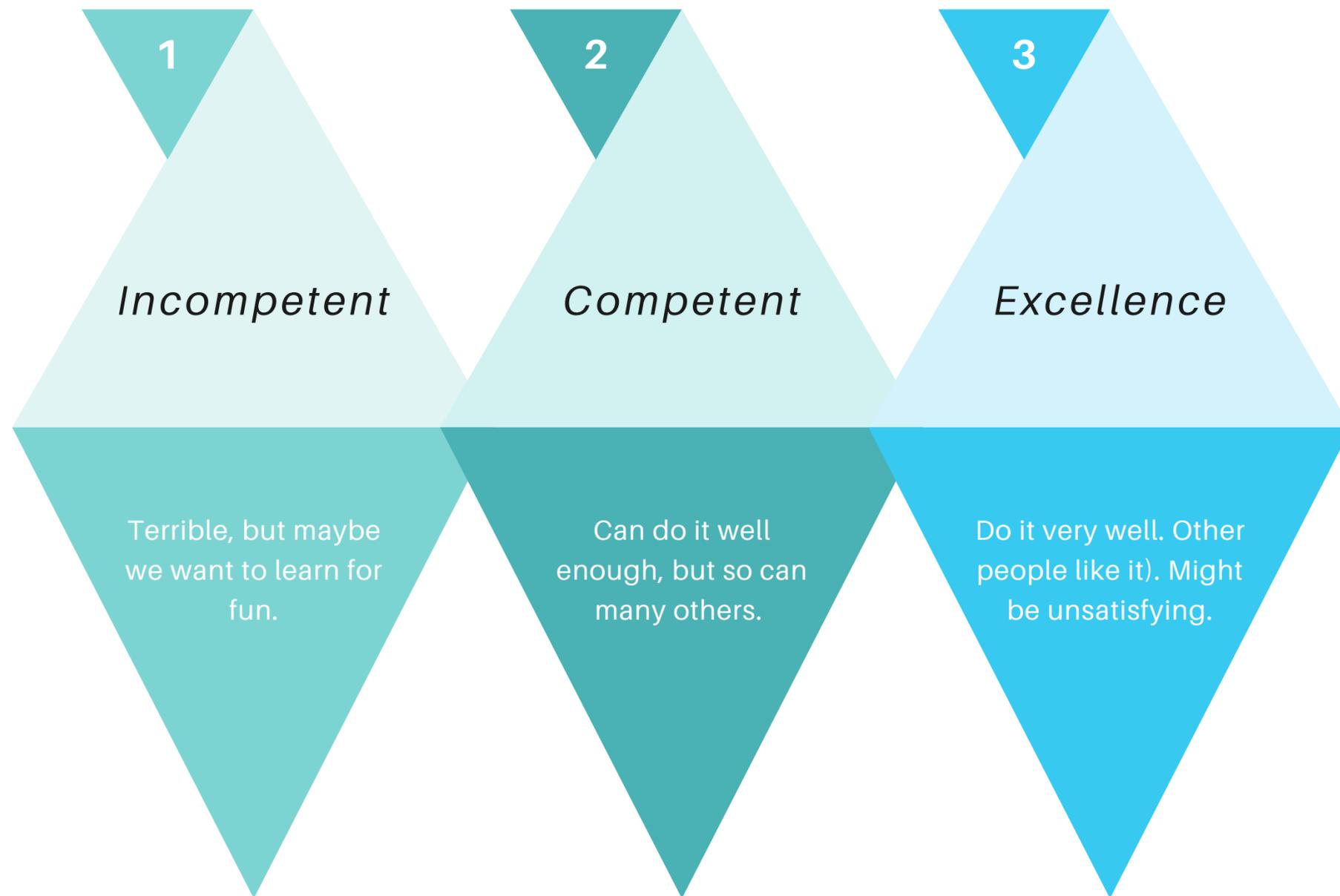
Your Zones



Make your Observations...
Write 2-3 examples of
activities or work you do in
the first three zones.

1. Your zone of incompetence...
2. Your zone of competence...
3. Your zone of excellence...





Your Zones of Ability





From Gay Hendricks

As with any other kind of lasting, meaningful change, commitment is the gateway to the zone of genius. When I work with busy executives, I start by asking them to make a commitment to blocking out just ten minutes a day in their calendars to devote to cultivating their genius.

The ten minutes can involve journaling, meditating or any number of other activities, just as long as you are focusing on your genius for ten uninterrupted minutes. After you have gotten your ten minutes a day you're your routine, then bump it up to fifteen minutes.

Ultimately I want to see people I work with spending 90% of their time in their zone of genius, but you've got to start somewhere and my recommendation is to start with ten minutes a day.

Creative Spirit and Your Zone of Genius





Ready for Inspiration?

**Grab a pen and write
your answers to the
following questions...**



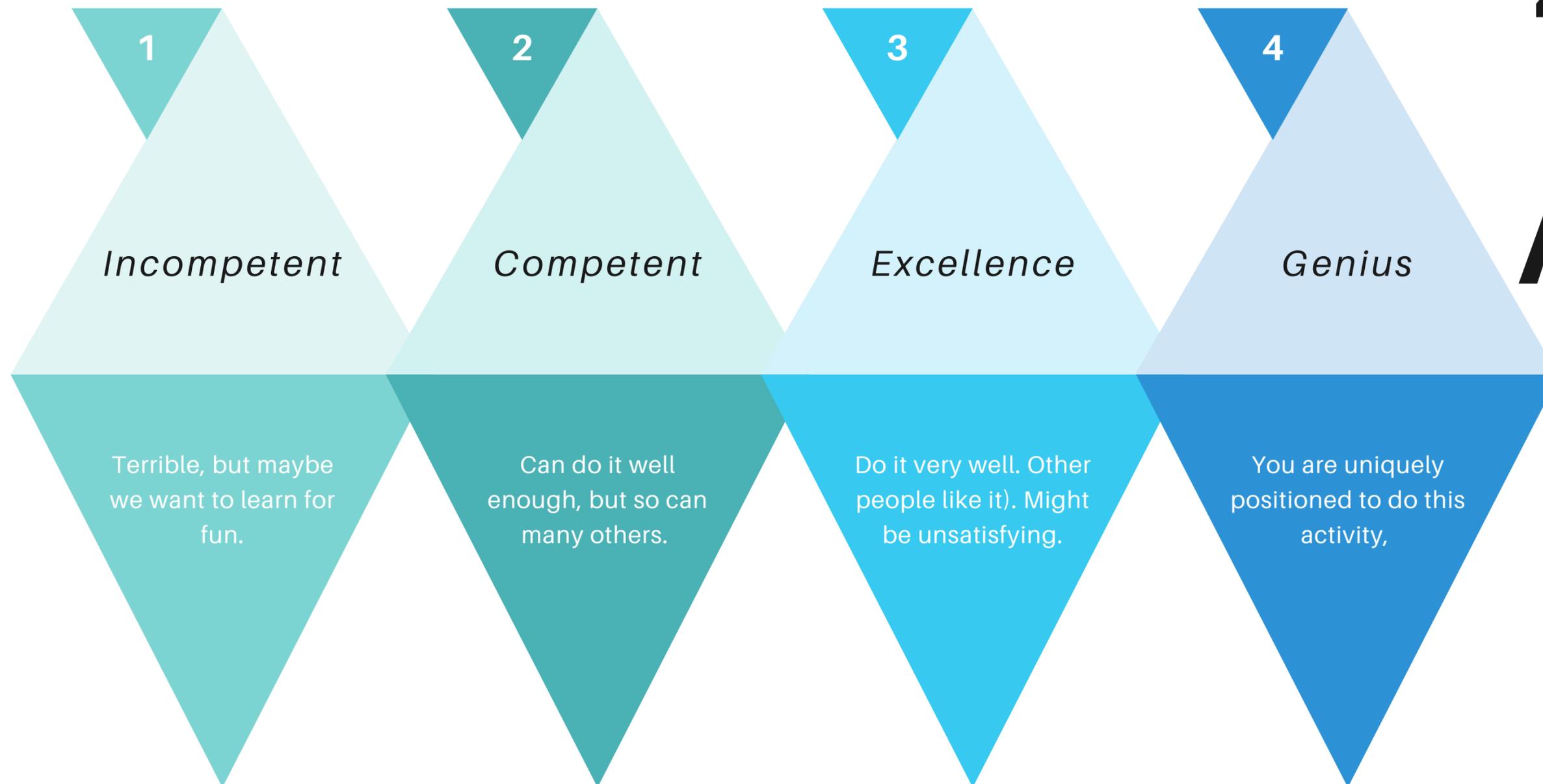
If you are thinking “I don’t know...”

Ask yourself, if I had to answer today, what would the answer be?



**Remember, you are
just writing and this is
an experiment.**

Your Zones of Ability



1. What work do you do that doesn't seem like work?



1. What work do you do that doesn't seem like work?
2. In your work, what produces the highest ratio of abundance and satisfaction to the amount of time spent?



1. "What work do you do that doesn't seem like work?"
2. "In your work, what produces the highest ratio of abundance and satisfaction to the amount of time spent?"
3. "What is your unique ability?"





What is something you do (or want to do more of) in your Zone of Genius?

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



**Mindful Moment:
Get into your zone...**







Visualization

- Imagine the kitchen of your dreams.
- If you are having any challenges, perhaps we need to remove the image of your kitchen from your imagination.



Visualization

- Imagine your current kitchen.
- Walk into your kitchen, hand on refrigerator door, feel cold air, take out a cold bottle of water, close the door, feel the cold bottle in your hand, open it, hear the click of the lid, take a sip, swallow it, feel the cold going down your throat, put lid back on, hear the click.

Visualization

- Some of you have told me you have trouble with visualization...
- You just did a visualization.
- You can apply this same skill to doing activities in your Zone of Genius.



Visualizing your Genius

- Research from NASA and sports psychology reveals: visualizing produces the same activity in your brain as actually doing the activity.
- Imagine yourself doing something in your Zone of Genius.
- Picture yourself doing it - include how you are moving, what you are wearing, what you are doing, thinking, feeling, how you feel in the state of flow, etc.

Affirmations



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

- honors her
Creative Spirit.
- stretches
towards her
zone of genius.



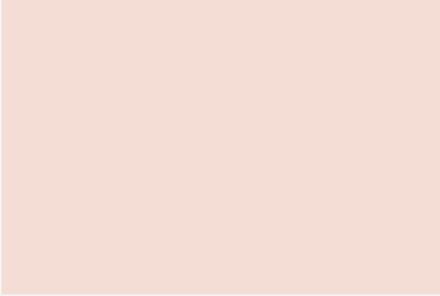


Finish the sentence in the chat:

"I am a woman who..."

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

**Revisit Your
Modern
Creative Why**

2

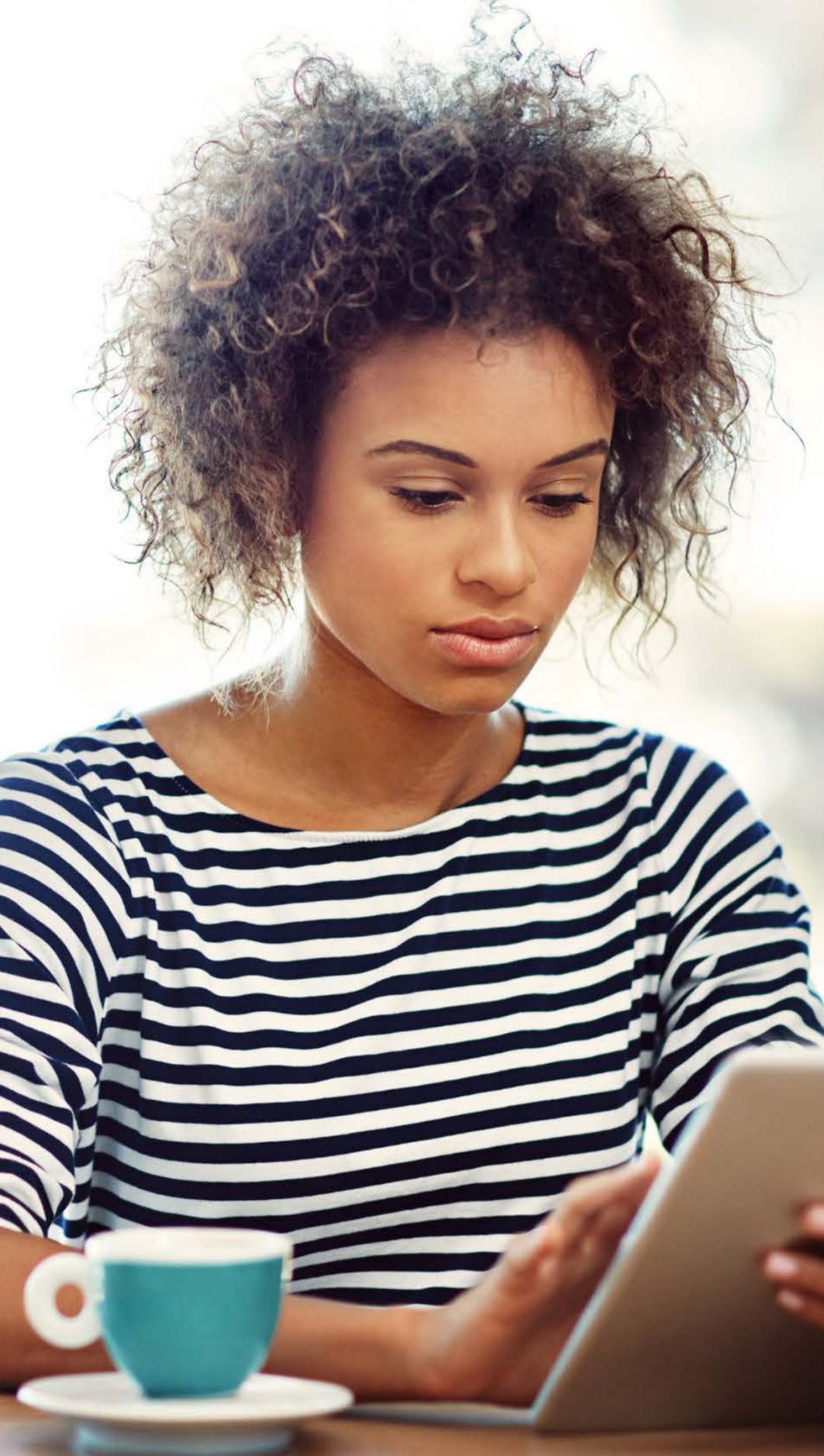
**Creative Spirit
Knows**

3

Gratitude

4

**Written
Reflection**



Modern Creative Why

- Revisit your “Modern Creative Why.”
- This is what is currently guiding you, your reason for doing what you do.
- Write your why below in a clear, aspirational, and exciting way.
- Avoid delaying on this writing exercise.
- Move into your consciousness and write whatever comes to you.



Creative Spirit Knows

- What does your creative spirit know that your day-to-day thoughts do not know?
- What is special about working from your creative spirit?
- What does this part of you give you that your thoughts are unable to provide?



Gratitude

- Write three aspects of your creative spirit that you are grateful for right now.
- Describe the value that each of these aspects bring to your life.
- Inspired actions: How can you show gratitude for this part of yourself today?



Written Response

- What was it like to get in touch with your creative spirit this month?
- Are you excited, energized, curious, motivated? Something else?
- The point is to enjoy working with your creative spirit and and move towards what you most enjoy and desire.



**BREATH IT ALL IN.
LOVE IT ALL OUT.**

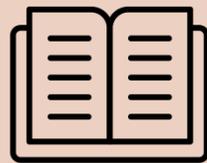


On a scale of 0 -10, how present are you
right now?

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?

Friday at noon PST on IG live
@dramybackos

Autumn VIP Creativity day or weekend

Podcast

Paris Trip

The Modern Creative Woman



What will you remember about
today's class?

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



Thank
you!