



**The
Modern Woman's
Guide to
Creativity
Week 3**



**Creativity is inventing, experimenting,
growing, taking risks, breaking rules,
making mistakes, and having fun.**

**- Mary Lou Cook
actress**

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 are two things you created
this week that you enjoy?

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

We're no longer in the wide-eyed wonder state.
Life happens and we close our eyes — and we
keep closing until we're squinting and can
barely see.

Part of being creative is being able to disrupt
our patterns (which are often informed by
trauma) enough to respond to the moment
intuitively.

- Carrie Bloomston
artist, teacher, and author

Ways to Cultivate a Creative Life



**Write this at the
top of your paper:**

"Ways to be my
modern, creative,
& authentic self"

**Brainstorm the
best answers
you can
imagine.**

(Think of answers
you will want to
share.)



**What is more
important in
creative thinking...
Quantity
or
Quality?**





Creativity Research Study

- A study exploring creativity divided participants into three groups.
- Each person given \$ to come up with as many ideas as they could.
- Each person completed creativity assessments.

Group 1 was rewarded for the quantity of ideas

Group 2 was rewarded for quality of the ideas

Group 3 was given a flat fee for participating in the study.

**Who do you
think scored
highest in
creative
thoughts
after
completing
the
idea
generating
activity?**





Research Study Says...

The group who was rewarded for the MOST ideas (not the "good" ideas) showed an increase in creativity and it lasted at least 10 weeks!

**The
Takeaway**
Shelve your
thoughts
about
perfection
and
brainstorm as
many ideas as
possible.





Time to brainstorm

**"Ways to be my
modern, creative,
& authentic self"**

**Brainstorm
your answers -
good, bad, silly,
nonsense...
write them all
down.**



Perfection



A hand holds a white rectangular piece of paper against a solid blue background. The word "imperfect" is printed in a bold, black, sans-serif font on the paper. A pair of yellow-handled scissors is positioned vertically, cutting through the paper between the letters 'i' and 'm'.

imperfect



"Thoughts about perfection"

- not "perfectionism"
- not "being a perfectionist"
- not "my perfectionist tendencies"
- not "I am a perfectionist"
- not "failing to act because I am a perfectionist"



**Thoughts about
perfection can impact
our ability to move
towards our values...**

But they don't have to.



Thought Ladder about Perfection

- I want it to be perfect/just right/a good time, etc.
- I am having thoughts about perfection.
- I am aware that I am having thoughts about perfection.
- "I am aware that I am having thoughts about how I want to do things."

I now react to that voice (the critic)
in a way similar to how I might react
to a particularly obnoxious
chihuahua: I yell at it to shut up,
and if it doesn't, I tie it up
somewhere for a while.

-Amanda Truscott



Ah-Ha Moments



AH-HA moment

- That split second of sudden inspiration, insight, recognition, or some kind of comprehension.
- A light bulb moment.
- Comes from in our brain with spontaneous insight.
- It has nothing to do with analytic thinking.
- In psychotherapy, an ah-ha moment is a client's sudden insight into her motives for thoughts or feelings or behaviors.





Oprah says...

- Describes the AHA moment as remembering what you already knew.
- Hearing something articulated in a way that resonates with your own truth and understanding.
- The moment isn't somebody teaching you something. It's somebody helping you remember and make connections.

Neuropsychology

- Studies show insight is really an accumulation of a series of brain states.
- We think about things, we look at things.
- Then a different set of processes takes over.
- It appears sudden because it all happens in a different timescale.



A woman with dark, curly hair is smiling and looking upwards and to the left. She is wearing a light-colored, possibly beige, cardigan. The background is a bright, white space with faint, light blue geometric lines radiating from the top right corner.

**Research
shows
creativity
emergs when
we are looking
away...**



Breaks are essential for creativity and ah-ha moments

- a walk, stretch, dance
- 2 minutes of intentional breathing
- shift to a new project
- shower, dishes or other chores
- solitude
- flow hobbies
- art making
- set a timer for 5 minutes and be mindful

*20 minutes if you feel unsettled

Creativity and Purpose





Purpose

1. Your Values: What is most important to you. (health, parenting, partner, education, spirituality, work/vocation, creativity, community, family, social justice, nature, etc.)
2. Your Committed Actions: How you show yourself and the world what is most important to you.



Using Creativity with Values

- Write down three value areas that are highly important to you.
- Pick one for the purpose of this exercise.



Using Creativity with Values

- Write down as many ways as you can think of that you could show this value to the world.
- Write ideas that are silly, weird, embarrassing, and absurd.
- You do not have to share them and you certainly don't have to do them!



What was this exercise like for you?

Any wild ideas?

Any new ideas you might try?

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

One doesn't need to be confident;
one needs only to have the courage
to act in the absence of confidence.

—Amanda Truscott

Truscott is a Canadian author who had writers block for a
decade. Thankfully, she is back to writing.



I am a woman who...

- sees perfection only in nature.
- trusts herself.
- who knows "practice makes better."



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

**Creativity
Connections**

3

**Visual
Expression**

4

Reflection



Creativity Game

- What might this be? (Round 3)
- 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 Connections

- Inventing your own Mind Maps!
- Review what you wrote in week one and see where you can expand your ideas.
- Anything that sparks your interest will work for your mind maps.
- Allow your mind wander and practice making connections.

Visual Expression

- Create your own visual expression using two or three different materials.
- For example, a magazine picture and paint, or markers, paint and glitter.
- Create freely.
- If you reach a point where you dislike your creation, commit to working a little longer on the image and watch how it transforms.
- However you do it will be great.





Creative Expression

- Write out your personal formula for how you can spark your creativity in the future.
- Create your personal plan, so just write whatever best works for you.
- However you do it will be great!



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

Creative process is a “smile in the mind - when
random pieces of knowledge, images, sounds, even
some terrible puns and jokes - collide in my head.
—Indu Balachandran



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 white flowers. 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!