



React Respond Create

Week 3

**Our deepest fear is that we
are powerful beyond
measure.**

~Marianne Williamson

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 did you notice this week
about your responses?

Any observations from your
writing & art?

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

Moving beyond Reaction and Response





CREATIVITY



Creativity

- Creativity is a universal human capability.
- A life force that shapes ourselves, families, community, and societies.
- A lens through which we can view our lives and experiences.
- Makes our lives richer and makes us better for the people who depend on us.

At The Modern Creative Woman, we believe our journeys begin with embracing our unique creativity and channeling it into every aspect of our lives, from our mindset and professional branding, to our relationships and purpose.





Remember...

- Creativity is for everyone.
- A skill nurtured and developed over time.
- Informs your view of life and your approach to all things.
- Examples: home, personal style, voice, hobbies, art, relationships, movement, thoughts, politics, community, etc.

Creative Evolution





Creative Evolution

- French philosopher Henri Bergson published "Creative Evolution," (1907).
- Evolution is not solely a mechanistic, deterministic process driven by external forces or natural selection,
- It is a dynamic, creative, & purposeful unfolding of life.



Creative Evolution

- Explains how human evolution is driven by an inherent creative force.
- Adds to scientific ideas of how humans evolve (a a species and individually).
- Creativity guides the development of our lives in non-linear, unpredictable, and purposeful ways.



élan vital

- Evolution involves an internal, vital force or "élan vital" (vital impulse/momentum).
- The vital force drives us to continuously adapt and transform in response to our environment.
- Congruent with much of psychology, existential philosophy, feminism, many religions, spirituality, social change process, law of attraction, etc.

Creative Evolution

- Happens via intuition, novelty, & spontaneity.
- The process includes expressing ourselves more fully and creatively.
- *élan vital* already exists - our job is to give it the space and environment to happen.





Creative Evolution

- Highlights the idea that life is not merely a product of chance.
- Life is an ongoing, creative expression of the vital impulse within us.

Creative Evolution Examples





Creative Evolution Examples

1. Personal Growth and Development
2. Artistic Expression
3. Problem Solving and Innovation
4. Work/Entrepreneurship
5. Interpersonal Relationships
6. Learning & Education
7. Scientific Discoveries
8. Cultural & Social Changes
9. Spiritual Growth
10. Lifestyle & Personal Choices



1. Personal Growth/Development

- slow or fast evolution as you continuously learn, adapt, and transform.
- Influenced by experiences, challenges, and insights.
- New skills, creative practice, overcoming fears, developing emotional intelligence, and expanding one's perspective.
- **Examples:** moving to a new city, graduation, taking personal responsibility, letting go of victim mentality,

2. Artistic Expression

- Artists, musicians, writers, dancers, and other creative individuals experience creative evolution as they explore new styles, techniques, and ideas in their work.
- Our artistic expression evolves over time.
- This evolution is a deepening of the same or related skill.
- **Examples:** cook for a group, enter a show/contest, advanced classes.





3. Problem Solving/Innovation

- Facing challenges / complex problems.
- Generating new and innovative solutions.
- Learn from failures and successes.
- Adapt approaches and develop more effective problem-solving skills.
- **Examples:** new strategy for work or romantic relationship, engaging with family, not giving up, letting go of procrastination/avoidance, let go of perfectionist ideas.



4. Work/Entrepreneurship

- Creative evolution in building and growing work/business strategies.
- Refine products, services, and strategies, responding to market changes and customer needs.
- **Examples:** Refining & updating our personal banking, computer files, social media; learning new strategy at work, continuing education class, taking a promotion, etc.

5. Interpersonal Relationships

- All relationships evolve over time.
- People learn from each other, adapt to each other's personalities.
- Creative ways to overcome conflicts and strengthen bonds (community, family, romantic, parenting, friendship, neighbor, coworkers, etc.)
- **Examples:** learning non-violent communication, ending unhealthy generational patterns, launching children, accepting love, letting go of unhealthy relationships.





6. Learning and Education

- In the process of learning, we as students go through creative evolution.
- Deepen our understanding.
- Connecting knowledge from different subjects.
- Applying concepts in real-life situations.
- **Examples:** solo travel, having a conversation in a new language, learning a new concept, word, or paradigm.



7. Scientific Discoveries

- Scientists experience creative evolution in research.
- As we make new discoveries, we often generate more questions and hypotheses, leading to further exploration and insights.
- We can all use the scientific method of inquiry and be curious.
- **Examples:** using a new strategy to make a decision, use new questions to learn about yourself, challenging yourself.



8. Cultural and Social Changes

- Societies and cultures evolve creatively over time through new ideas, customs, art forms, and technologies.
- A dynamic process.
- Shapes the identity and values of communities.
- **Examples:** community organizations, protests, liberation art, beach clean-up, practicing cultural humility, engaging with people different from you, anti-racism education.



9. Spiritual Growth

- A spiritual journey include creative evolution in our beliefs & perceptions of the world.
- Spiritual growth changes the meaning we make of our lives.
- Specifically relates to our values and what is most important.
- **Examples:** deep connection in nature, ah-ha moment, spiritual awakening, trust, love, becoming a parent, awareness of the interconnection of all living beings.



10. Lifestyle and Personal Choices

- Creative evolution in our lifestyle choices leads to better health, appreciation of life and the present.
- For example: adopting healthier habits, exploring new activities, or making changes in their living environment.
- **Examples:** a lasting commitment to health, quit drinking/smoking, seek therapy, make bed everyday.



Summary of Creative Evolution

- Our evolution is mandatory.
- We all have many creative evolutions - it is part of being a human.
- Evolution can be by "default" or "on purpose."
- The more we pay attention to the positive shifts we have made, the easier it is to repeat our successes (even after relapsing or quitting).
- Consciously choosing how we evolve is not only possible, it is fun and satisfying.

Practicing Creative Evolution



Think back to a time you
experienced a creative evolution.

(not an invitation to beat yourself up!)





Creative Evolution Examples

1. Personal Growth and Development
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Is there a moment that your
remember in particular?





Describe this creative evolution in
as much detail as possible.

Create a doodle to show your
feelings about it.

(5 minutes)





What part of your past creative evolution is interesting to you?

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

Mantras

I am a Woman
who...

- invites the new.
- welcomes the discomfort of growth.
- creatively evolves on purpose.



Keep Thinking...

- In what area are you currently working to have a creative evolution?
- Where are you trying to stay the same?
- What are you holding on to that you like?
- What are you ready to let go of that is no longer serving you?





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

**Go-to
Values**

2

**Values
Assessment**

3

**Visual
Expression**

4

Reflection



Go-to Values

- What is your go-to value...the one you react to automatically? (eg. taking care of a child or other family member)
- What are the pros and cons? Does going towards this value come from a place of guilt or love or somewhere else?
- Does it feel authentic or uncomfortable, resentful, worried, etc.?
- Do your actions leave you feeling balanced or does focusing on this value leave little room for other important values?



Values Assessment

- Create a Mindmap about your values.
- Write 3-7 values that are most important to you.
- Estimate the amount of time you spend each week on each of your highest values. No Math required! Just estimate!
- What do you think of the percentages?
- If you have a low percentage on an important value, why do you think that is?
- Explore the other ways you are spending your time. What changes would you make?



Art Response

- Imagine your values are flowers and greenery in a gorgeous garden.
- Create a visual expression of your values as a garden and each value is a different type of flower.
- You can use pencils, markers, paint, magazine pictures, etc.
- However you do it will be great.



Reflection

- What was it like to reflect honestly about your reactions and responses this month?
- What did you notice when you considered how you are using your time to attend to your values?
- Is there anything you would like to change in your life to help you respond in a way of your choosing?
- What will you change?
- How will you take action today?

To exist is to change, to change is to mature, to
mature is to go on creating oneself endlessly.

-Henri Bergson
from Creative Evolution



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?

Join the electrifying MCW Instagram Live sessions @dramybackos

Step into the world of boundless inspiration and empowerment with the MCW podcast

Unlock your full potential with our exclusive VIP package.

The Modern Creative Woman

We delight in the beauty of
the butterfly, but rarely
admit the changes it has gone
through to achieve that
beauty.

-Maya Angelou





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 white flowers. A piece of light brown, textured cardstock with a decorative notch on the right side is placed in front of the flowers. The cardstock has the words "Thank you!" written in a dark brown, cursive script. A small, circular, maroon-colored tag with a gold-colored metal ring is attached to the right side of the cardstock. A piece of light brown twine is threaded through the ring and is tied around one of the stems of the bouquet.

Thank
you!