



# how to think like an artist

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





# Modern Creative Woman Timeline

**MINDSET**  
RELATIONSHIP  
TO YOUR  
THOUGHTS

WEEK  
**01**

**PRESENCE**  
PRESENT  
MOMENT  
AWARENESS

WEEK  
**02**

WEEK  
**03**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES



i found i could say things with  
color and shapes that i couldn't  
say any other way – things i had  
no words for.

– georgia o'keeffe



# **Creative Woman finding Purpose and Meaning**





# Review

- **Week 1.** Creative thinking requires making contact with the present moment.
- Practice involves linking seemingly unrelated ideas (eg. practicing synesthesia).
- **Week 2** Conflicting reactions to our creative ideas is normal.
- Mixed reactions happen both internally and externally.
- Mixed feelings and reactions are a signal we may be on to a creative idea.





# Review: How Creative Thinkers Build Meaning and Purpose

- Self Expression.
- Inner peace by defusing from thoughts.
- Curiosity and exploring personally important themes and ideas,
- Connecting with others.
- Making a positive impact on the world around you by being an example of an authentic woman.
- Accepting of what you like and who you are.





# Creating Purpose and Meaning





# Purpose

- Your personal values.
- Action steps you take in alignment with your values.
- Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.







## **Three Creative Actions**

- Applying Creativity to Ambiguity
- Prioritize Passion Projects
- Everyday Connections Become Your Inspiration.



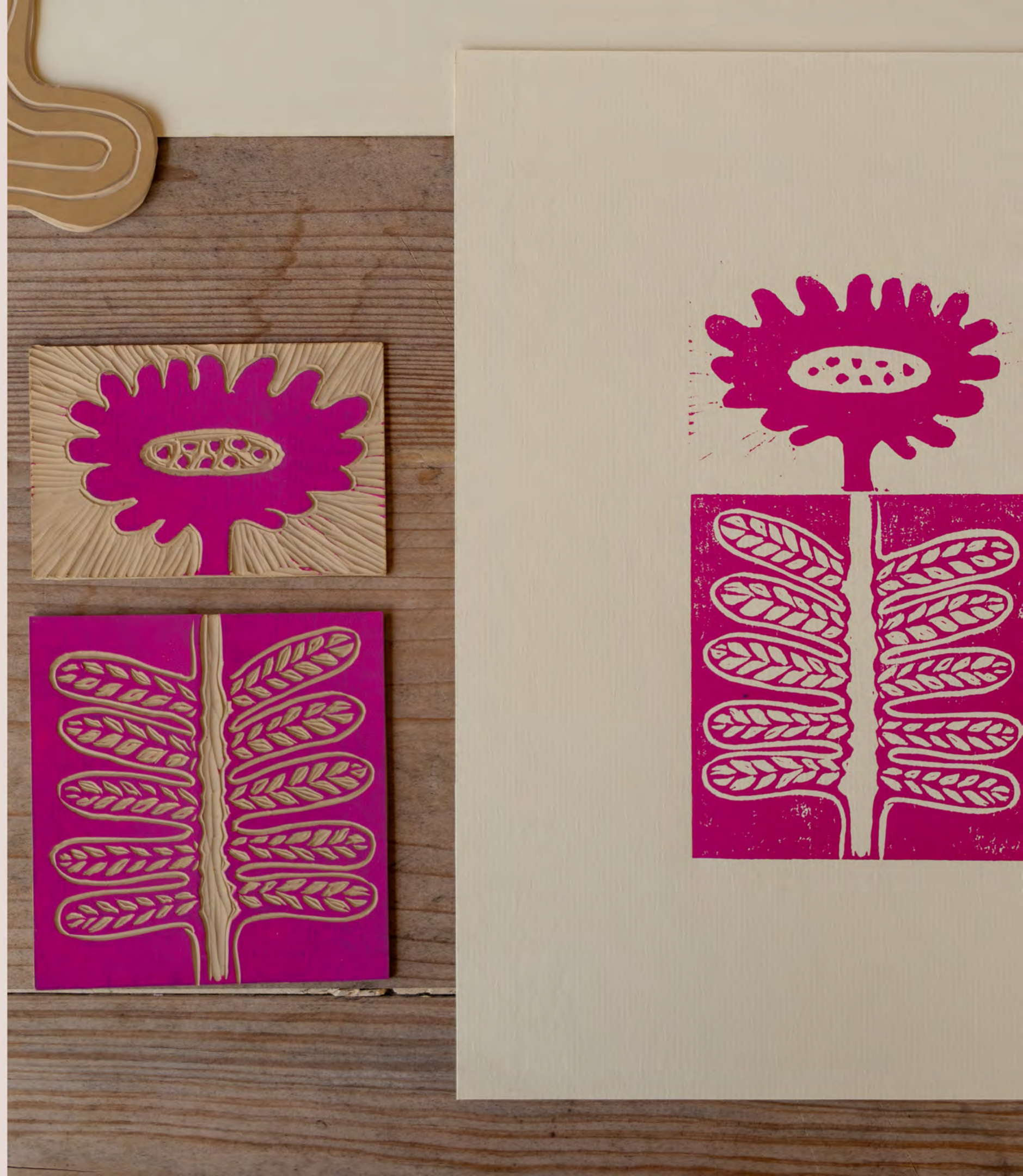
# 1. Applying Creativity to Ambiguity





# Ambiguity

- **Ambiguity:** the quality of being open to more than one interpretation; inexactness.
- Ambiguity can make us feel very uncomfortable!
- **Creates dramatic suspense:** We want to know the outcome of a book or movie. A vague ending leaves us waiting for the next episode.
- Can bring up a freeze response and lead to inaction.











## Ambiguity

- You can become comfortable with **uncertainty and ambiguity** (seeing opportunities for exploration and discovery rather than obstacles).
- Recognize everyday ambiguity.
- Creative woman are **willing** to embrace the unknown and take risks in pursuit of their goals, leading to new insights and more opportunities.
- Eg. “Feeling bad” while writing.



# Ambiguity Visualization

- Relax in your chair.
- Close your eyes or soften your gaze.
- Recall one thing you already accomplished that took time and effort.
- Examples: graduated high school/college, moved to a new place, took a new job/started business, took a risk, started/advanced/ended a relationship, took a break.





# Ambiguity Visualization

- Imagine yourself before you accomplished, decided, abandoned, took the next step, or completed it.
- Imagine the ambiguity, pressure, uncertainty or tension that you felt.





# Ambiguity

- What were your thoughts at that time?
- What feelings did you have?
- What thoughts helped you move through the feelings?
- How did you get what you needed? (information, skills, courage, etc.)
- What actions did you take?
- How do you feel about this accomplishment now? (proud, no big deal, etc.)





# **Ambiguity Writing**

- **What is one piece of advice you would give your past self on dealing with ambiguity?**





What advice did you give your  
past self?

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



## **2. Prioritize Passion Projects**





# Passion Projects

- Creative women are driven by passion and curiosity, pursuing projects that align with their values, interests, and goals.
- Creative women are **willing** to invest time, energy, and resources into projects that inspire them, knowing that the **process** itself is inherently meaningful and rewarding.







## 2. Passion Projects

1. Name 3 things you love to do, feels fun or gives you good feelings.



- 
- A close-up photograph of a right hand holding a sleek, black, cylindrical pen. The hand is positioned diagonally across the frame, with the thumb and index finger gripping the pen. The pen has a smooth, reflective surface. The background is a plain, light gray, creating a clean, minimalist aesthetic.



3. What judgements come up for you? (eg. frivolous, not necessary, selfish, does not move you forward, etc.)





# **3. Everyday Connections are Your Inspiration**





# Inspiration

- Creative women actively seek out inspiration from diverse sources (art, nature, literature, science, spirituality, and **everyday experiences**).
- Creative women are curious and observant, constantly looking for **new ideas and perspectives** that can inform their work and enrich their lives.







**Write two positive  
experiences you have had  
in the last few years.**

Can be small enjoyable  
moments where you were  
in the moment or  
significant external  
moments.



# List 10 ways these two moments are similar

## Examples

situations

feelings

thoughts

reaction/responses

level of present moment awareness







What similarities did you notice?

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



# Mindful Moment





# Seeing New

- Find an object.
- Look as if you had never come across such a thing before.
- Look and SEE.





# Add all your Senses

- **OBJECT TOUCH** How does the object feel?
- **YOUR FEELING** How your fingers respond to it?
- **SMELL** What does it smell like?
- **HEAR** Any sound it makes/you can make with it?
- **TASTE** How does it taste?
- **SEE** How does the object look up close?







# Affirmations









# 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

**Seeing**

2

**Artist Date &  
Artist  
Sketchbook**

3

**Stone  
Soup**

4

**Week in  
Reflection**





# Seeing

- Build on our exercise of seeing an object.
- Grab a pencil and decide what you want to draw - your face, tree, friend, pet, plant, leaf, etc.
- Place your pencil on the paper and then only look at the object.
- Do not pick up your pencil and do not look at your paper.





# Artist Date

- When was the last time you had an artist date?
- Your artist date could be making art at home, visiting a museum or gallery, or taking yourself out to coffee with your journal/sketchbook. However you do it will be great!
- Make a list of 10 different ideas for artists dates. Pick one and schedule it.





# Artist Sketchbook

- Early artists used whatever they could find to make marks - carving into rocks, blowing dried, ground ochre plants to leave a hand print in a cave.
- Use whatever you have to make your mark. Try coffee, tea, makeup, food coloring, spices, chocolate, pollen, dirt, ashes from the fireplace, crushed flowers etc.





# Stone Soup

- Let your imagination run wild and see how you can apply this story to your work, your family, your friendships, your creative process.
- The lesson fits anywhere!





# Week in Reflection

- What was it like to explore your inner artist?
- What connections have you made
- What did you get curious about
- What do you like best about thinking like an artist?

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**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

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

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What will you remember about  
today's class?

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





Thank  
you!