creative mindset bootcamp

MODULE 1
creating space

Finding time to explore your creativity, work on your business, as well as do all the other things that life seems to require of us is tough! But there's no way to make progress until we do that.

So in this module we're going to get honest about the stories we're telling ourselves, the ways we're sabotaging ourselves, examine what is in front of us, and create space in our lives for creativity and growth.

There are two areas we need to consider when it comes to creating space – physical stuff that takes up our time, and mental/emotional stuff that takes up our brain space and holds us back.

It's time to let that stuff go!

declutter your brain space

We all have stories we tell ourselves about creativity, art and success.

Sometimes we're conscious of them, we might even catch ourselves saying them out loud. But sometimes they're a little more hidden, floating around in the back of our brains like wild gremlins that control us way more than we care to admit!

Either way, they're incredibly powerful, shaping many of the choices we make, and the actions that we take. And until we take the time to uncover and declutter them, we'll keep sabotaging our efforts to move forward.

So your very first assignment is to spend some time reflecting on the things you say to yourself, and taking inventory of your memories around creativity, art, success, and visibility to try and uncover the stories that have stuck with you.

List all of the excuses, the stories you're telling yourself, as to why you're not creating space for your creativity, why it's not ok for you to dedicate time and effort to building a business, or showing up and stepping out more confidently in the direction you want to head.

This is not a once-only exercise, it's something that you'll find yourself revisiting often throughout your creative journey. It's something I've been doing even as I've created this content for you!

In fact, it's not uncommon for my friends and I to ask each other "what's the story you're telling yourself about that?" or "what's that bringing up for you?" when we're struggling with things like stepping into a new business venture, raising our prices, or making hard choices in our business.

It's important that we're able to recognise the things we tell ourselves, so that we can evaluate the truth (or otherwise) of those stories, and, when they're less than helpful, replace them with something more truthful and healthy.

Once we've recognised those stories, and taken the time to reflect on whether they are true and serve us well, it's time to let go of the unhelpful (or just downright shitty ones) and reframe them into something more useful.

You can work through this exercise on the following pages, or just use a journal. And remember, this doesn't work unless you actually do it!

Step 1 : Make a list
Write down any memories you have around sharing your art, ways people have responded to your creativity, what has happened when you've taken the risk to share with others.

Step 2 : Look for patterns

Often the memories we can recall have similar elements to them, and it's in these patterns that we can uncover the most powerful stories that hold us back.

Write down as many of the things that you believe about artists, creativity, success that you can think of.

eg.
Art isn't a "real" job.
The world doesn't need more art.
Someone is already doing what I want to do.
If it doesn't "feel" hard, it's not really work.
Being successful means being obnoxious.
Making a mess is just wasting time.

Consider what happens when you reflect on "other artists" versus "myself as an artist". Are they two different things? Is it ok for other people to create beautiful art, but not you? Do you have reasons as to why you see yourself differently to "successful artists"?

Step 3 : Let go or reframe
Some of the stories we tell ourselves, the beliefs we hold are just rubbish, and need to be let go.

Sometimes just writing them down is enough to let them go, sometimes we need something a little more symbolic. Telling a friend, writing it down then tearing it into little pieces, painting it using watercolours then washing it off the paper, whatever you need to do to release it.

Others we can reframe. There may be some truth in the belief, but perhaps we've taken an "all or nothing" stance. Consider which of the stories you're telling yourself have an element of truth to them, and how you could reframe them to be more helpful to your own growth and success.
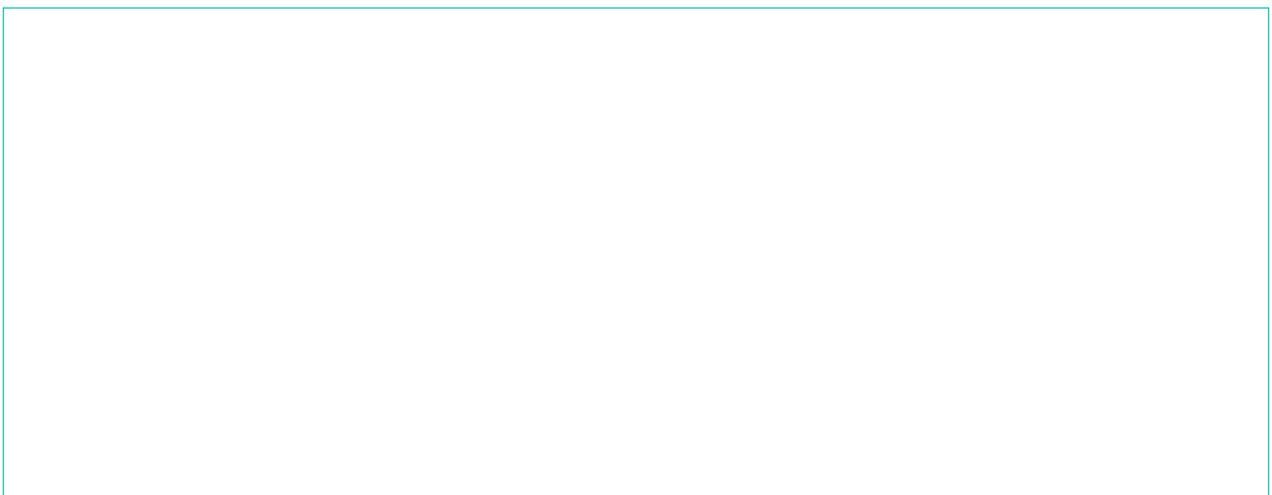
Choose a significant memory regarding art/creativity or visibility/success.

What did you make it mean? What are the stories and beliefs that you took from this?
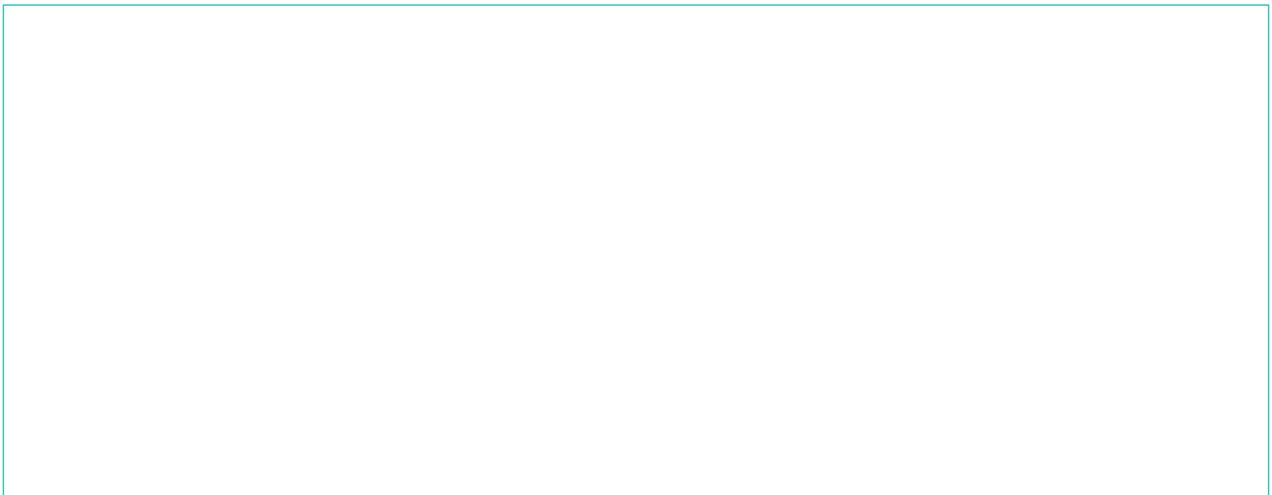
How could you reframe it?

liss amyah

declutter your to-do list

So often we think that we need to clear giant chunks of time in our weekly schedule before we can get anything done.

And sure, there are some jobs, like recording a lengthy video series, that need dedicated blocks of time where there's no-one else around making noise and you can focus for hours on end.

But once you've got a clear plan, and are focused, you'll be amazed at how much you can get done to propel your business forward, even in the little marginal moments.

So the goal this week is to start small, to take a close look at all of the things you do regularly, and to find *one thing* that can either be totally removed, simplified, or delegated to someone else.

There are lots of things that creep onto our to-do list without much conscious thought from us.

There are things that are placed there by other people - family, friends, co-workers.

There are things we allow to creep onto there based on what we *think* other people expect of us.

There are things on there that we keep doing because we find some of our identity in needing to be needed.

Now is the time to get super honest about these things.

If you've cleared the mental clutter and the stories that are holding you back, now is the time to let go of the things you've been using as proof that you don't have enough time.

Which jobs do you do around the house that you are the only person who cares about? Or, if you're partnered, which ones do you do because your partner is the only person who cares about but somehow it got dumped on you (hot tip: if it's super important to them, maybe now is a good time for them to take over doing it).
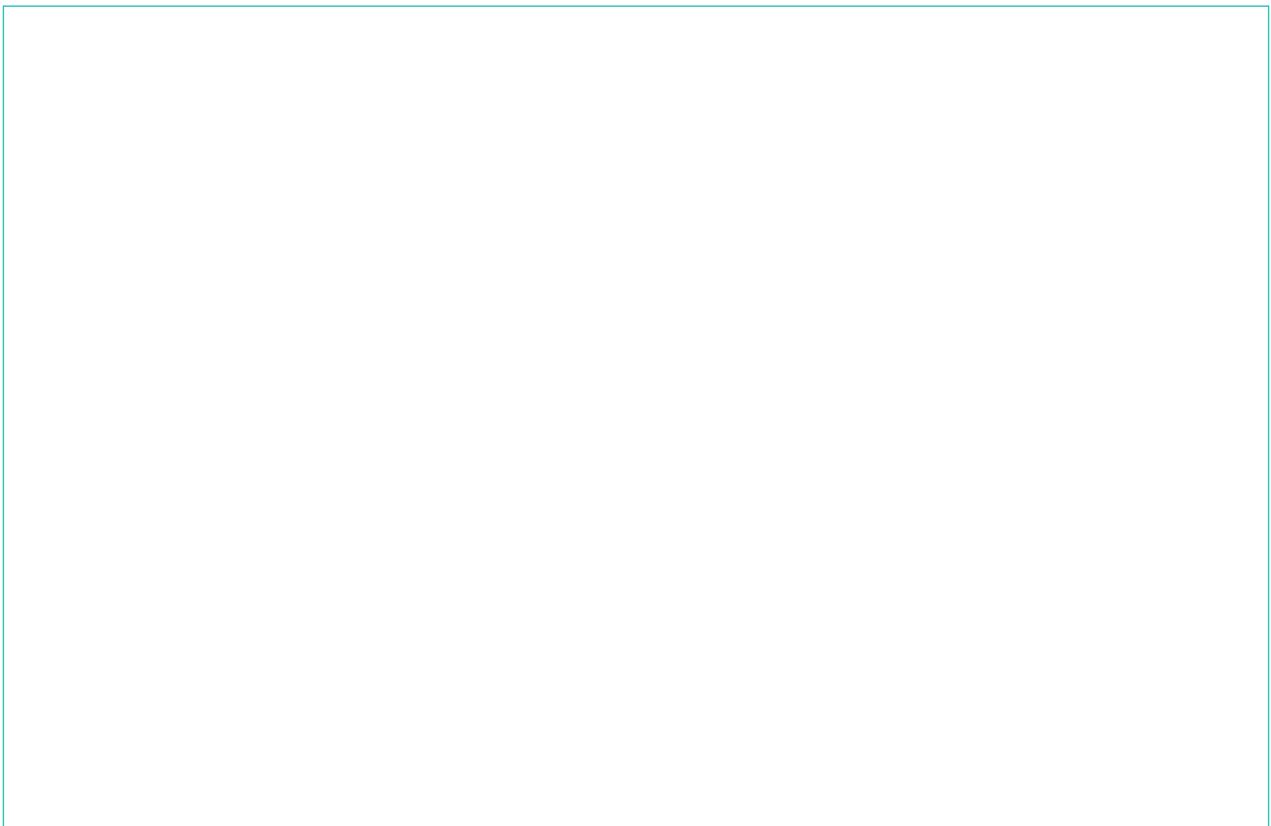
If you're a parent, what things are you doing for your children that they could learn to do for themselves? I meet SO many mothers who are packing lunchboxes for their teenagers, then telling me they don't have any time. Your teenager can pack a lunchbox! In fact, your 6 year old can too if you give them some simple guidelines to follow.

Spend some time on the next page getting super honest, and find *one thing* you can delete, simplify, or delegate this week.

Tasks that feel heavy/burdensome/irritating.

What could you let go of? Expectations/jobs? Be specific.

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