UNLEASH CREATIVES

Clarify, Create & Connect with

Creative Resilience

A Journal of Prompts, Exercises, Meditations & Reflections

UNLEASH CREATIVES presents

Creative Resilience Journal

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UNLEASH CREATIVES

Bring in 2020 with ...

Creative Resilience

Imagine how it would feel to finally write that book, begin painting again, or finally break blocks and create new, energizing patterns in your life.

This interactive planner offers a daily creative check-in, a few short reflections, meditations and a simple framework to keep you on-track. With daily attention, you can awaken the creative mind and funnel energy toward positive productivity. You can complete this interactive book over the calendar year and return to it as a source of continued inspiration as you move forward on your creative journey.

To live as a creative is to live life as an adventure, so get ready to clarify, create, and connect to your creative confidence.

Jen Knox & Chris Shanahan, co-owners of Unleash Creatives

unleashcreatives.com

january: take inventory

Let's dive right in with a prompt! Set a timer for a minimum of 5 minutes and answer the following as honestly and quickly as possible. (Pro tip: Write fast to silence the inner critic.)

What have I created in my life?

Include creative projects, patterns and habits, and relationship dynamics. Be honest and open and exploratory.

Now shake out your hand(s).

Thinking about what it is you would like to create, set an intention to ground down and reflect honestly and intentionally. To do so, find a comfortable seated position and rest your palms face down on your knees. If you would like, index finger and thumb can touch lightly. Now roll your eyes up and in, toward the point between your eyebrows, and begin to imagine a white light there, like a spotlight.

As you breathe into this area, the spotlight grows brighter and brighter, illuminating your current truth. Do not judge what you see. Do not judge if you do not see anything. Just keep focusing on this white light getting brighter and brighter, illuminating your way forward.

Note what you see, where you are at, and what you would like to create. Now you're ready for part 2 of the prompt. Set a timer for 5 minutes and go!

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february: digging deep

"If there's a book that you want to read, but it hasn't been written yet, then you must write it."

— Toni Morrison

It's time to reflect on your first 30 days of living a creative life. Maybe the changes you've made are small. Maybe they're monumental. Maybe you're frustrated and feel like there's no change at all. No matter what, if you're reading this, you're still on track.

To give you some perspective, let's do something … creative.

Think of the emotion or feeling that you get when you feel blocked. This is often the same emotion you feel when you enter any habitual behavior that keep you from creating what you want.

Now, use the next few pages to draw this emotion. It could take the shape of a monster or a tree or a mango (we've seen it all). Just get creative and draw whatever comes to mind.

Now imagine what it feels like to be in flow, in that creative space that feels free and alive.

Draw this feeling …

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march: living as a creative

So now that you're 60 days in, let's extend this creative energy. This next prompt comes with homework.

Take the day ahead to reflect on all that inspires you and all that bores you in your day-to-day life. Depending on your routine, you may want to try this on a weekday and again on a weekend. Jot down those times you feel bored or lacking in energy, and think about where you are and what you're doing.

Example:

8 a.m. - Commute - I'm either bored or angry.

2 p.m. - I need a snack to stay awake at the day job. If i have to answer one more email...

Now as you hit those times tomorrow, take the opportunity to do something different. If you normally check email at this time, take a short walk or start up a conversation with a co-worker. If you are normally stuck in the car, see if you can find new music to listen to and work on your singing voice. In other words, shake it up.

Set a timer for 10 minutes, and write about what you did differently.

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april: returning to our intention

This is fun: Imagine yourself totally in charge. Not as a manager, not as a boss, but as someone who leads his or her life fully and with personal intention and integrity and does what the hell they want.

Imagine your life with no limits. You have as much time to dedicate to your creative ventures as you want. You have full support from family and friends. You're able to fully commit.

Sit with this thought. Close your eyes, find a tall spine, and begin to visualize yourself with this sort of creative freedom.

What are you doing differently, if anything?.

Set a timer for 10 minutes. Either draw or write your answer.

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may: do what you've done

Set a timer for 10 minutes and work on your creative project.

When you're done (if you're not done, go back and set a timer for 20 minutes and work on your creative project). Okay, now that you're done, let's discuss resilience.

Think about a difficult time in your life. Try to remember the way you felt during this time, who was around you, and how you got through. **Take a few minutes to write about how you got through.** Use this opportunity to recognize your strength and realize that you can move forward no matter what.

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june: take a break

What? Really? Yes, take a break from your project for a day. Go meditate or read a book.

Whatever you do, take a break from thinking about it. Take a break from talking about it. Take a total, complete break.

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Write about what happens.

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july: solitude

Art can often accompany solitude. But any kind of creative output is bolstered by community. Over the next thirty days, I encourage you to look for moments of solitude. Rather than allowing them to be uncomfortable, embrace them. Listen to your inner creative voice. Next month, we'll discuss community (feel free to do these in opposite order, but try to do them back-to-back).

Reflect on a day you took for yourself to explore the world with creative eyes. What did you see differently? How does silence enable you to create?

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august: cultivating community

We need time alone to create and connect with self. We also need to share what we create. Make space for each over the next 30 days, but reflect on the outreach. Attend a poetry reading or event to connect with community, or you can reach out to get feedback on your work.

Ideate: What could you do?

What did you do? How did it go?

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september: critics and creative power

Let's talk about the fun stuff … critics. Take a moment to reflect on your own inner critic. Perhaps this critic is telling you that you should have accomplished more or better work. If you don't have an inner critic, goodonya! Go create something. But if you do, let's diffuse that voice …

Over the next thirty days, pay attention to your inner critic. Turn him or her into a cartoon character. As wild or goofy or sinister as you'd like. Give this inner critic a cartoon voice and a cartoon personality.

Now, you guessed it, draw this inner critic.

Fun, right?

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october: noticing the details

What's the make and model of your neighbor's car? What kind of tree is that down the street? What was your friend wearing at dinner last night? Does your favorite author always start books with a simple sentence?

So maybe you can answer all these questions easily, but the point is that we get stuck in routine, and in so doing, we often ignore the details.

This month, take a day or two to notice details. Walk around with a notebook and jot down all that you can notice about places or people you see every day.

Have fun with this process. You may have never realized that your boss always wears red on Mondays or that other people actually laugh at your uncle's jokes. This information is rich for creative inspiration.

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november: recording & recognizing progress

Thinking about your creative goals, it's almost time to take inventory. But not yet. This month is your opportunity to rally all your creative resources and get shit done! This month, spend at least 10 minutes every single day doing something toward your creative goals.

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december: looking back, looking forward.

Let's begin where we ended, shall we?

Over the last year, What have I created in my life?

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What inspired me today?

Creative Successes

Daily Creative Goals

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