



CREATIVE EDGE
COACHING

52

ORIGINAL QUOTES FOR FANS
& FOLLOWERS OF CREATIVES

MONICA O'BRIEN

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ORIGINAL QUOTES FOR FANS & FOLLOWERS OF CREATIVES

"Creativity is the expression of the truest part of ourselves." - Monica O'Brien

"Stay in your lane! Do not get distracted by what other people are doing." - Monica O'Brien

"Creativity has no limits. It is an endless cycle of wonder and possibility." - Monica O'Brien

"The second step toward success for any artist is getting noticed. The first step is believing in yourself." - Monica O'Brien

"Choose one or two things that you could do differently today to revitalise your attitude toward your work." - Monica O'Brien

"Begin with small steps and remember, every step gets you closer to your goal." - Monica O'Brien

"If we tame our mind we free our heart." - Monica O'Brien

"Our world would be a very boring place, void of art, music, drama and inspiration if it wasn't for the beauty that floods like sunlight into our lives through the windows of all forms of creativity." - Monica O'Brien

"Trust your creative spirit." - Monica O'Brien

"You're always one decision away from a totally different life." - Monica O'Brien

"Focus on transformation, not on the pain or the struggle." - Monica O'Brien

"When you have a clear vision, you have a pathway to success and happiness." - Monica O'Brien

"Self-doubt is not a personality trait. It's a mental habit." - Monica O'Brien

"In a constricted state, creativity is not possible." - Monica O'Brien

"Every major act of creativity is a birthing, a labour of love." - Monica O'Brien

"Creative expression is air to a creative person. Without air, we die!" - Monica O'Brien

"Whatever you do, don't compromise your values, integrity, and self-respect simply to please someone else." - Monica O'Brien

"Is it any wonder creative people feel different? Is it any wonder they struggle to be accepted and considered worthy? Their way of being in the world does not toe the party line – it cannot!" - Monica O'Brien

"I believe procrastination happens because of fear or a knowledge gap. Deal with the fear or address the gaps and you will be unstoppable!" - Monica O'Brien

"If you don't know your own personal boundaries you are likely to allow others to define you." - Monica O'Brien

"Don't give your power away. You can only control 4 things in life - your words, your thoughts, your feelings and your behaviour. Everything else and everyone else is not your concern." - Monica O'Brien

"The creative soul needs to be constantly nurtured in order to grow and thrive." - Monica O'Brien

"Creativity has no limits. It is an endless cycle of wonder." - Monica O'Brien

"The purpose of an artist is always to deepen the mystery." - Monica O'Brien

"To live through an impossible situation you don't need superpowers...you simply need to trust." - Monica O'Brien

"Taking time out for yourself is not a luxury, it is a necessity!" - Monica O'Brien

"Having a critical inner voice is not your personality, it's not who you are, it's just a mental habit and it can be changed." - Monica O'Brien

"There is no such thing as a mistake... Just another opportunity waiting." - Monica O'Brien

"If we change our thinking we can change our beliefs and therefore change our experiences." - Monica O'Brien

"If you want to be a resilient creative being, flex your creative muscles every day!" - Monica O'Brien.

"How precious it is to imagine, create and be excited in your soul with the fruits of your creativity." - Monica O'Brien

"The goal is creative flow. There's nothing like it!" - Monica O'Brien

"Don't be afraid to jump, your creative spirit has wings to catch you and take you where you've never been before." - Monica O'Brien

"Investing in yourself is not a selfish thing to do, it is an act of self-love and that is a priceless investment." - Monica O'Brien

"Creativity is a gift - holy generosity of the Creator." - Monica O'Brien

"Creativity always begins with an openness to the mystery." - Monica O'Brien

"Nothing creative is possible when we are constricted in our mind, body or spirit." - Monica O'Brien

"The first step to being creative is presence." - Monica O'Brien

"Squashed energy is a symptom. Something within is trying to heal." - Monica O'Brien

We can't be at loggerheads with parts of ourselves that we do not like. We must bring them into the inner circle and welcome them at the table. Now there is a possibility to listen, learn and love those disengaged parts of ourselves. Now healing is possible" - Monica O'Brien

"Awareness is only the beginning... change takes dedication." - Monica O'Brien

"Creativity is at the heart of human existence. We create! If we don't like something, we can change it!" - Monica O'Brien

"You have everything you need to live a happy, fulfilled creative life. The challenge is how to access it." - Monica O'Brien

"It's good to check our posture. Contraction is a sign. The body doesn't lie" - Monica O'Brien

"It's never too late to make a change. Staying stuck or unhappy is a choice." - Monica O'Brien

"Don't DO more as a default. Begin with your heart's desire, your vision and then your goals." - Monica O'Brien

"When we are in FLOW, the stars line up and we feel invincible." - Monica O'Brien

"Fear robs us of our true potential. Overcoming fear is a daily practice." - Monica O'Brien

"Don't be afraid to ask for help or guidance, it may be the beginning of something magical." - Monica O'Brien

"Being authentic is about throwing off our beliefs of who we think we are or who we think we should be." - Monica O'Brien

"A clear vision is the fuel of hope. Where there is no vision there is no hope, only existence." - Monica O'Brien

"Possibilities exist at the crossroads. It's a transitional position, not a destination! It's a chance to listen and an opportunity to reimagine." - Monica O'Brien



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