

Creatively Stuck?

5 STRATEGIES TO UNLOCK YOUR
CREATIVE FLOW, GET FOCUSED
AND START CREATING!

BY MONICA O'BRIEN



WELCOME

Hi there, and welcome to this guide to unlocking your creative flow! Whether you're a seasoned artist or just starting your exploration, this eBook is designed to empower you to overcome challenges, silence doubts, and embrace your unique creative potential.

I'm excited and I'm looking forward to helping you unlock your creative flow, get focused and let your creative passions start flowing again.

This guide is dedicated to helping creative people, like you, to fully embrace their unique gifts and talents. You will learn strategies that will motivate you and empower you to get moving with those creative projects that have been put on the backburner for too long.

Monica O'Brien





A DEEP DIVE INTO THE CREATIVE SOUL

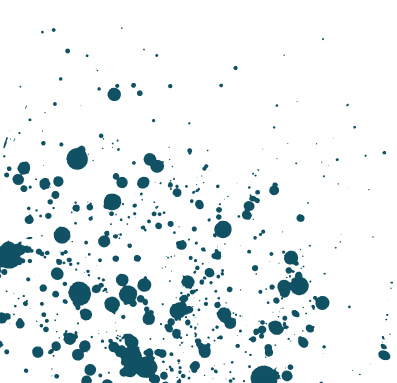


For more than three decades, I have had the privilege of working with singers, writers, actors, photographers, designers, dancers, poets, filmmakers, musicians, novelists, programmers, fashion designers, interior designers, architects, business entrepreneurs, coaches, and other wonderfully imaginative people. As a result, I have developed a deep understanding and appreciation of the 'creative soul'.

Creative individuals possess a special 'something', an 'X factor' or 'genius gene' that sets them apart - a sensitivity that enables them to birth songs, paintings, compositions, novels, characters, spaces, ideas...

As a creative being, what would it mean to you if you could wake up each morning with enthusiasm, confidence and purpose, free from negative self-talk, free from limiting beliefs?

Wouldn't it be amazing to start each day feeling passionate and focused on what is deeply meaningful and fulfilling to you, ready to engage fully in your creative pursuits?
If your answer is YES!, please read on.





5 Key Strategies to Unleash Your Creativity

Master Your Mindset



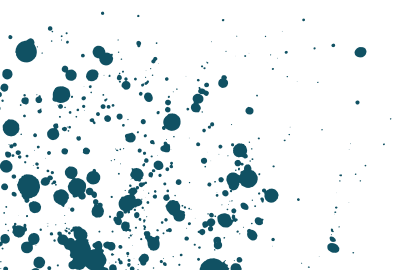
It all starts with your mental framework. Just like preparing for a big challenge, a positive mindset sets the stage for success.

No matter what we do – communicating with others, setting out on a trip, preparing a meal, thinking about a creative project – our mindset impacts everything!

I invite you to a close look at yourself and ask: “Am I in a positive state of mind to begin this creative time? If not, what do I need to think, feel or do to move myself into a positive frame of mind?”

As an NLP Master Practitioner, this is one of the key areas where I assist my clients – to set and maintain a positive frame of mind, no matter what!

*****Tip:\\ Practice setting a positive frame of mind BEFORE you begin your next creative project. Close your eyes and think about a resourceful frame of mind that will set you on the path for positivity.***





Imagine the Positive Outcome & List The Steps

Imagination and visualisation are powerful motivators. When our brains can imagine the finished project, it fuels our motivation and gives us something concrete to work toward. We call this 'seeing with our mind's eye'.

Think of the steps you would need to take to reach your outcome. For example, you might like to paint a landscape and hang it on the wall in your living room. Take a quiet moment to look into the future and see that completed painting hanging on the wall with people admiring it.

Now, consider what was required just before it was hung there – ah, yes, a frame, picture wire, screws and a hook. Oh and yes, a tape measure and a set square. And then, what came before hanging the painting?

Work back slowly from the image of the hung painting, listing all the steps that were required to get the artwork on the wall. Eventually you will arrive at a starting point, and you are likely to feel inspired for the project.

Even more importantly, you will have a clear strategy for making it happen. If you don't, I would question if your outcome (painting a landscape and hanging it on the wall) was actually what you wanted to do in the first place.

Tip: Try this strategy with a small project and see how you go. Many people find it helpful to write down each of the steps and imagine themselves performing each step with enthusiasm.





Prepare Your Creative Space

After you get your mindset sorted and you have imagined the finished project, working backwards and listing the various steps, it's time to get your workplace sorted.

Now is the time to be practical by assembling all the elements that you will need to begin. For example, in the case of the painting project mentioned above, you would need things such as paints, canvas, brushes, an easel and so on.

Whether you are writing a book, designing a logo, developing a marketing plan or preparing a speech, your environment impacts your ability to enter the state of 'creative flow'. In each case, you need to prepare your physical space for optimum output.

Recently, a client who is writing a book mentioned that she was feeling stuck, unable to move forward. We explored a variety of issues, including her environment. She is someone who loves to have music playing while she writes. She explained that she finds comfort in the 'white noise' of the background music.

I suggested she try working in a different place and trying a different style of music – it worked! Sometimes, the slightest change in the environment can make a huge difference to our output and productivity.



Befriend & Silence Your Inner Critic

Beginning a creative project can take time to get into flow: time to explore concepts, characters and ideas, time to research, time to try things out. Be gentle on yourself. Set and reset your frame of mind in ways that hold your motivation and enthusiasm. Be wary of your 'inner critic': that niggling voice that judges, disapproves and undermines you. It is NOT REAL!

Receiving an objective appraisal of our work and life is helpful and indeed necessary. Excellence is informed by the ability to be critical and to ask ourselves...

"Is there room for improvement here?"

"Do these colours in this image work together?"

"Have I developed a storyline that is compelling for my readers?"

"Is there something more that I could add to bring this project to the next level?"

But remember: healthy, constructive criticism is a path to excellence; criticism that comes from an insecure, habitual, negative place is not helpful. If the inner critic has stubbornly taken up residence inside your head and these simple mind practices do not work over time, it might be helpful to seek professional help from a coach or, in severe cases, treatment from a trained therapist.

Tip: The inner critic may be pointing you toward transformation. Perhaps something in you is waking up or wanting to be healed. Befriending your inner critic and being curious is key to becoming free of negativity.





Rally Your Cheer Squad



Being creative takes both time and energy. Communicating your needs is essential when setting yourself up for success.

If you share the space where you will be working creatively, and you are in close proximity with other people, it is important that you communicate with them. Explain that you are embarking on a new creative project, and outline to them what you need during this time. For example, uninterrupted time alone, no loud music, no phone calls...

Enlist the support of your loved ones or house mates.

If you lock yourself away or don't appear at dinnertime, they might think you are rude, sick or in a funk. Share your vision with them and ask them to support you. Set yourself up with others to give yourself the best possible chance to enter into creative flow.

Tip: Don't assume that the people who love you know how to support you when you are creating, or know what you need – communicate well, and communicate often.



Bonus Ideas

There are a number of other ways to free your creativity, such as working with others by bouncing around ideas, reading an inspiring book, watching a movie, or seeing a beautiful work of art. But at the end of the day, YOU have to take responsibility for YOU. You have to do the work of releasing yourself from whatever is holding you back.

These 5 strategies are a beginning, a way to start. SO, put aside any lingering negative self-talk, champion yourself on, run through your 5 strategies and BEGIN!



Here's to you and your CREATIVE FLOW!

Feel free to drop by my website, creativeedgecoaching.com.au, for more information and further articles to support you in your creative journey. I also offer 1:1 coaching for career or business development, personal coaching, Generative Trance sessions and Integrative Enneagram sessions. I look forward to connecting with you.

To your creativity and happiness!

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