

Answer with as much detail as possible. No one is going to see the answers but you. This exercise won't provide you with an instant solution, rather a way to become more aware of what you want, and to help you take the first steps toward a wider expression of your creativity in your everyday life.

1. Change is always happening. What are the tools you use right now to navigate changes in your life?
2. All life experience has value. What are your five most valuable life experiences that have informed your present life?
3. What would you spend your time doing if money were not an issue?
4. What are your particular gifts and talents? How do they contribute to your personal or professional life right now?
5. What do you do with the ideas and inspirations you receive? Do you allow them to incubate slowly? Do you keep them private or do you talk about them?
6. We are all susceptible at times to fear and anxiety. Please respond to this thought, "Feel the fear and do it anyway."
7. Who was the person in your past who most supported the development of your creativity? Explain why you chose that person.

8. What other values besides creativity are important to you?

9. What are five things you could creatively manifest right now? (It could be anything!) Of the five, which one would you choose to start?

10. You have been granted the power to change one thing in the world. What would it be?

11. Write a four line rhyming or blank verse poem that begins with the words:
All I want to do is learn to sing my 'song',

12. Write a descriptive essay entitled A Day in the Creative Life of _____ (insert your name in the space). Use images, feeling words, metaphors, etc, to create as vivid a picture as you can of what you want your day to look like. Remember: it's your ideal day so let your imagination fly.