

Freestyle Art Forum

NO MORE STRUGGLING WITH STIFLING CREATIVITY OR
SUFFOCATING PERFECTIONISM

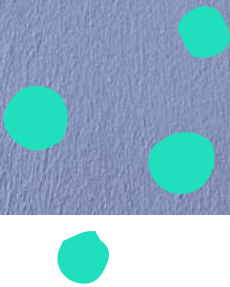


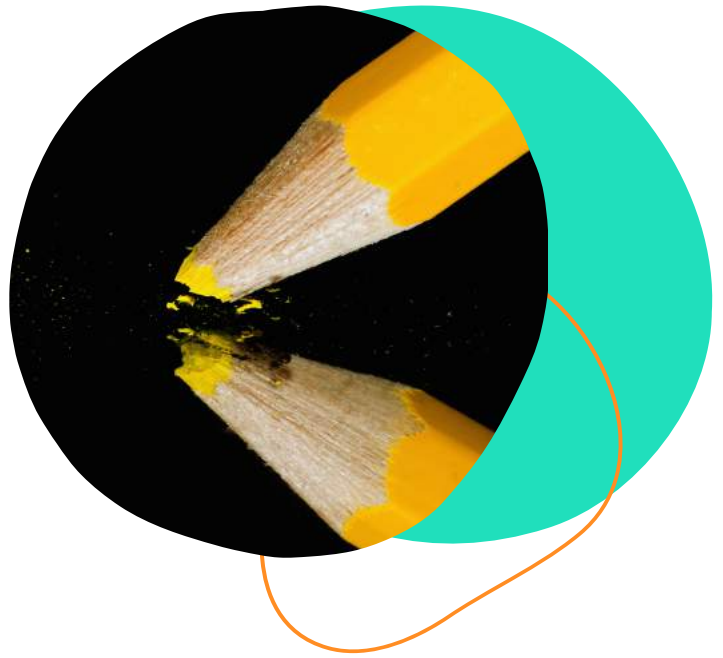
with
Michelle Wirta

www.soulpours.com

What's your gut
response to when
asked . . .

" . . . are you
creative?"





Myth Busting

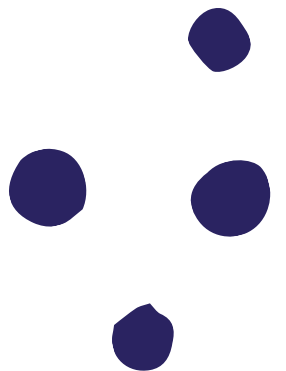
1

2

3

4

5



What's true creativity?

1

2

3

Bonus self
coaching
Q's

How do I feel about creativity now?

What's now possible if I fully believed this?

What's one thing getting in the way?

What am I willing to do, one small thing,
to create a change about this?



Notes & Ideas

How do I feel about creativity now?

What's now possible if I fully believed this?

What's one thing getting in the way?



Creativity comes down to

4

What am I willing to do, one small thing,
to create a change about this?

Ask yourSELF - Ask your body

1

Nature

What did I naturally love to explore, express, and find my flow in as a kid?

2

Beliefs

Have I taken in stories in my family and society about what being creative means?

3

Experience

How do I relate to what being creative asks of me, to what doing creativity requires of me?

4

Expectations

What's my go to story about what I should do to be creative?

5

Value

How would I answer the question "to succeed in my passions or dreams I must ..." ?



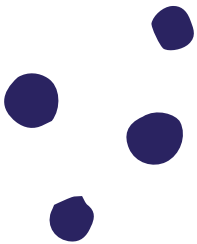
What I discovered . . .

Day 2

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What Creativity ISN'T

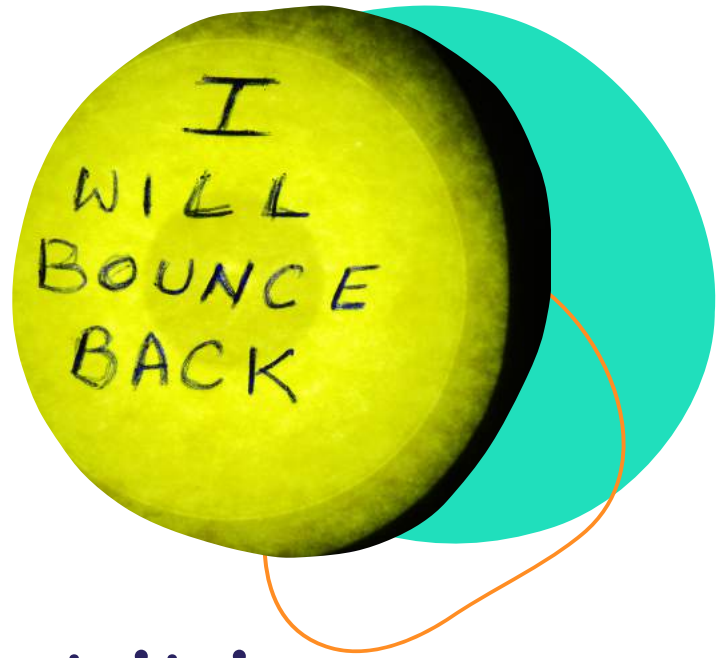


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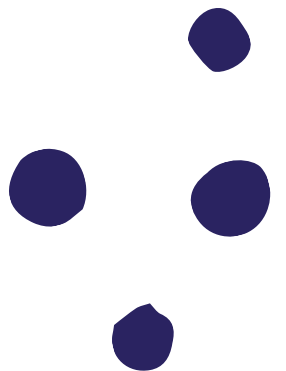


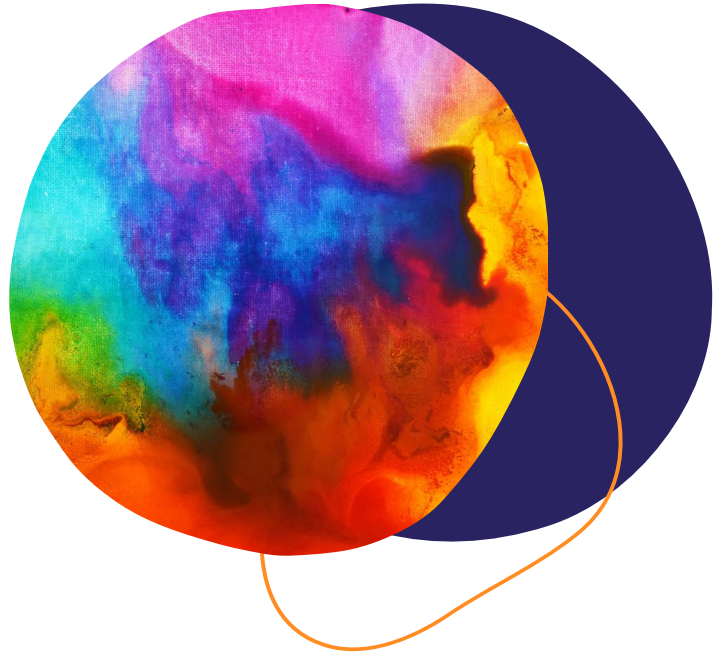
What it is ...

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5 Ways to Flip Fear into Resiliency

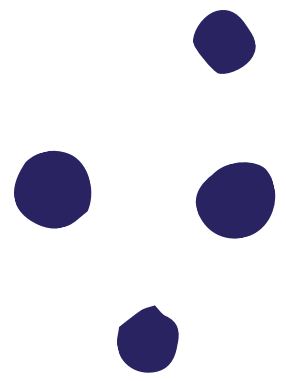
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A scenic landscape featuring a vibrant rainbow arching over a lush green valley. The foreground shows a steep, forested hillside on the left, and the background reveals a vast, rolling valley with patches of green fields and distant mountains under a bright, slightly hazy sky.

Notes & Ideas

5 creative ways in my life and in my creativity I can use each of these F'n 😊 solutions to cultivate my creative mindset are ...

1

2

3

4

5

Creativity comes down to

4



What I discovered . . .

Day 3 - Demos

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Thanks for joining this F'n class!

Playlists



[Soul Pours - Grooving Creativity](#)



[Soul Pours - Quiet Creativity](#)



Join the fluid art
& life flow
creativity and
coaching club.
Become a member
of the SPA, click to
learn more!



You don't have to KNOW to get in the FLOW