

Creativity

June 2021 Newsletter

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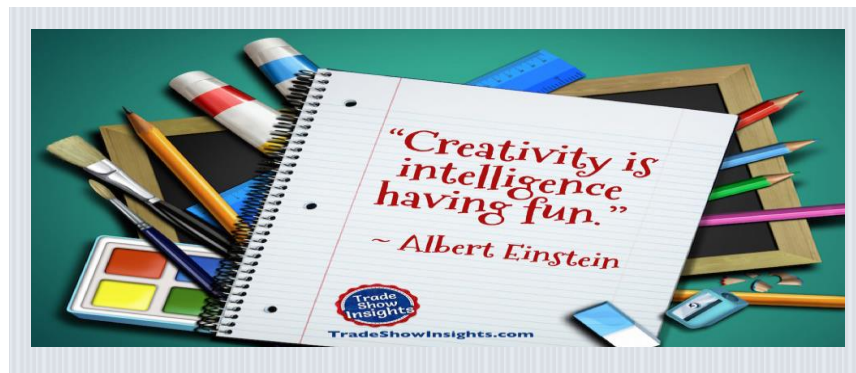
Creativity

Every creative person struggles to express their talents and share their gifts. Fearing a lack of ability they are often their own harshest critic. Creativity is an opportunity to express our uniqueness. No wonder we find it scary. Fear of failure can be very powerful as can any kind of fear. It can cause us to hold back and not start, not take the first step. Internal negative messages

opportunity to observe uniqueness and beauty.

Spend some time gazing at flowers, birds and trees. A rose does not try to be a sunflower, it is a rose and beautiful because it is individual and unique. A swallow does not copy a dove, it sings its own tune and follows its own path.

Life is a valuable gift and we



and past conditioning can destroy our confidence and enthusiasm.

You are unique and your work is unique too. Comparing yourself and your work negatively to the work of others is damaging as it destroys your creativity.

If you fear being criticized look at nature for validation. Nature provides us with the perfect

are given a second chance every day to express ourselves and our individuality.

Refrain from being your own self-conscious critic. Don't worry about the result just enjoy the process.

You've got nothing to lose and a lot to gain!!

Marie Wellness clinic

As you can see the theme this month is all about creativity.

Sometimes our self-belief prevents us from pursuing our real desires. Don't let your negative feelings about your own self-worth hold you back. Find real happiness in living the life you dream about.

"There is no passion to be found playing small - in settling for a life that is less than the one you are capable of living." Nelson Mandela

Are you unclear about what you really want or feel there are blocks to your creativity? Contact me for a free Goals and Aspirations interview and introductory session.

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