



THE SECOND CORNERSTONE OF CREATIVITY

Clarity & Working with the Saboteur:

Your Guardian of Choice

Clarity is the willingness to be clear – about preferences, use of time, purpose and goals. It's linked to curiosity. A side benefit of curiosity is that you begin to know what you don't like, in addition to knowing what you DO like! Knowing yourself better reinforces your desire to employ a creative approach to your world and also keeps you from sabotaging the creative choices you make!

One thing we do in the Creative Strength Training community is explore all kinds of creative pursuits. Through sharing and experimentation we discern where our energy wants to go. When we know where our energy wants to go, we're more inclined to follow it to a successful conclusion.

Try this on your own. There are two parts:

Part One

- ▶ Look around and decide what you can clear out. This is not a command performance. It takes time. Resist any impulse that says it has to be done "right now" or it isn't good enough. Seeking clarity is a life strategy. Just begin now, by looking at what isn't serving you and doing your best to pass it on, or drop it. This includes "stuff" you don't need physically, and also "stuff" you don't need emotionally.

Part Two

- ▶ Next, pay attention to your preferences, whether they're related to making art, cooking food, spending time with other people – or any other activity, for that matter. It's all fodder for the creative mill if you begin to see it that way. And when you can, make notes. Writing down preferences in your *Preference Guidebook* gives you a place to check-in later so you can see how you're doing, which leads to *alignment*.
- ▶ Make three worksheets to determine preferences. These will lead to knowing whether you are in alignment with your ideas, your desires and what you want for your life.
 - ▶ Use three sheets of paper, or pages in your notebook.

- ▶ On the first page, write at the top: WHAT I LOVE TO DO. Proceed to make a list of everything you love to do. This includes how you like to spend your creative time, but it also includes everything else you love to do: hike, bake, fish, read – everything qualifies.
- ▶ On the second sheet of paper write at the top: WHAT I'M GOOD AT. Proceed to make a list of everything you think of yourself as being good at doing. Again, this is not only creative endeavors. It's everything.
- ▶ On the third sheet of paper write at the top: WHAT I WISH I COULD DO (BETTER). Make a list of all the things you wish you did better, or would like to learn to do.
- ▶ Once you've completed your lists, cross reference them. Look for places where what you love to do and what you're good at doing match up. This is an indication that you are in alignment in these areas. Meaning no conflict. Also look for places where you might be good at something but really don't like to do it at all. Which indicates conflict. That's a place where you are out of alignment. More on this when we talk.

The last list you made is one that I hope you will study carefully. As you do, ask yourself whether you REALLY want to be better at whatever it is, and also whether you even want to learn to do it at all! Creative people carry around all kinds of ideas about what they think they want to do with their resources and their time, when they don't really want to do whatever it is, at all. Dropping those items (and illusions) from your list frees up A LOT of energy and resources of many kinds. It's all about knowing your preferences, and yourself, as clearly as you can. It's one of the first steps to guarding your choices, and refusing to sabotage yourself.

Remember:

CLARITY IS OPEN-MINDED, NOT JUDGMENTAL, ALWAYS SEEKS UNDERSTANDING AND BRINGS OUT THE PERSONAL BEST IN US AS AN ONGOING PURSUIT.