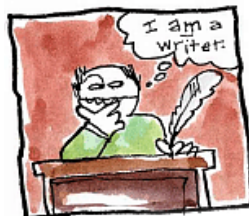


# CREATIVITY WORKSHEET # 1

This is for all the artists, writers,  
and creative people who feel  
worn out, sold out, tired out, or locked out.



# WORKSHEET: HELPING CREATIVE PEOPLE TO STOP FEELING SO CRAPPY ABOUT THEMSELVES.\*

What I \_\_\_\_\_  
(fill in, ex. write, draw, create, etc.)

isn't considered "real" or "serious". I've not been \_\_\_\_\_  
(exhibited, published, won an award)

I'm a failure.

*What?! No cohesive body of work. If you don't write/draw every day you're not a real artist or writer.*

*I bet you don't eat all of your vegetables. If you don't write/draw every day you're not a real artist or writer.*



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Oh Dear

I don't like my job. I feel like I didn't live up to the hype everyone placed on me and my "smarts" and "creativity". I feel like I have no purpose, that I am \_\_\_\_\_  
(a sell-out, wasting my skills, prostituting my gifts, not doing anything import, etc.)

At the end of the day, I don't feel very creative, and I don't want to \_\_\_\_\_  
(draw, write, create, etc.)



Sometimes people have untrue ideas about creative types that put excessive and unnecessary pressure on you that has nothing to do with reality.

I call them impossible standards.



MYTHS: (or things people say and think about what creative types are like or what they do.)

*ignore typo.*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 11

Sometimes even the smallest bit of positive self-confidence can help. →



Hmm. Looks like I need a pencil for this exercise. I can do that.



Woof!



← the dog has nothing to say. dogs don't talk.


\* Working title.

Answer Key Below ↓ (Read Last)

You **Don't** have to make a living off your art or writing to be, or for your work to be considered **REAL**.

**CREATIVITY** is a gift and should never be a quilt-ridden burden. Enjoy it by using it in ways that make you feel good, or other ways that make you feel good.

If making a living off of your creative gifts is **DRYING YOU OUT**—should you be doing it? **NO!**




circle one ↓



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WRITING SPACE ↓



Some people make art or write for others while others do it for themselves. Some people make money off of their art or writing while others do it for themselves.

Why might you do it for yourself?  
 Why might you do it for money or others? Benefits/dangers of either?

**REMEMBER:**

Real art and real writing is when you are doing what you love. Sometimes it comes easy, sometimes after a struggle, but whatever the case, it comes from you. Not "they", who are outside, saying outside things.

Discipline yourself. Stop letting others do it for you, because that becomes oppressive and blocks your



Sometimes I feel creatively blocked to the point where I don't even want to do the battle of creating something because I can't think of any possible way to come up with something great, or even good. In fact, the thought of creating makes me ill and I resent feeling like I always have to be doing something creative or else I'm being lazy. Is it alright to take a break sometimes? Or to create things others might see as frivolous or a "waste" of my skills?

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When you no longer like art or writing - maybe hate it - feel drained by your job or feelings...

Random Associations

Scribble Doodle  
Collage  
Get the pen and pencil moving on the paper!

creativity through guilt and fear.

The Best way you can make GOOD art and writing is by enjoying what you're doing. Original ideas come from a place of love, not guilt or frustration.

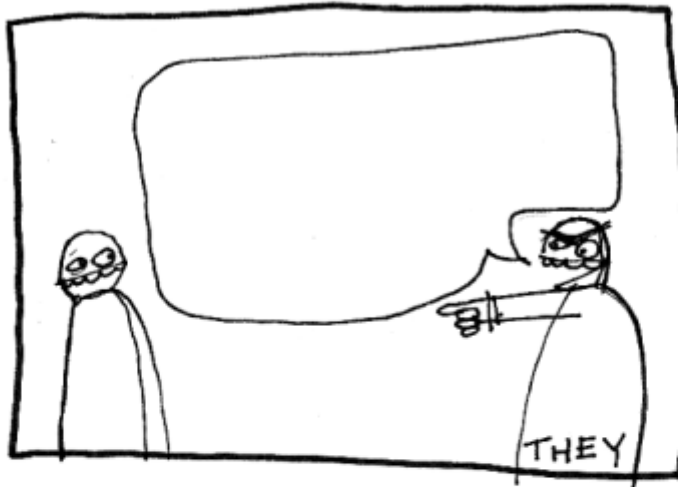
**YES.**  
Take a break.  
But not for too long, or not creating becomes your habit.

**HAVE FUN AGAIN.**  
Write and draw whatever you want.  
It'll free you up and help you go deeper in your creative work again.

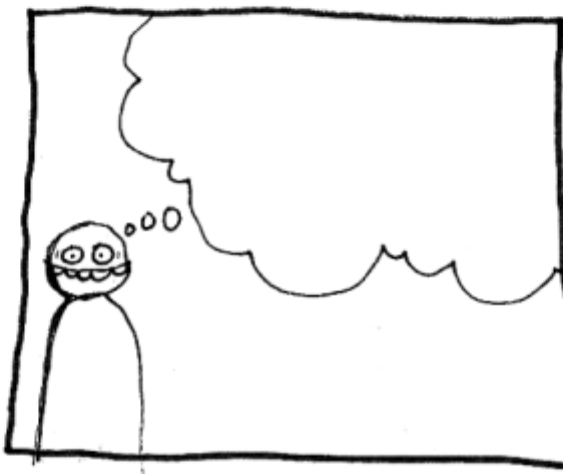
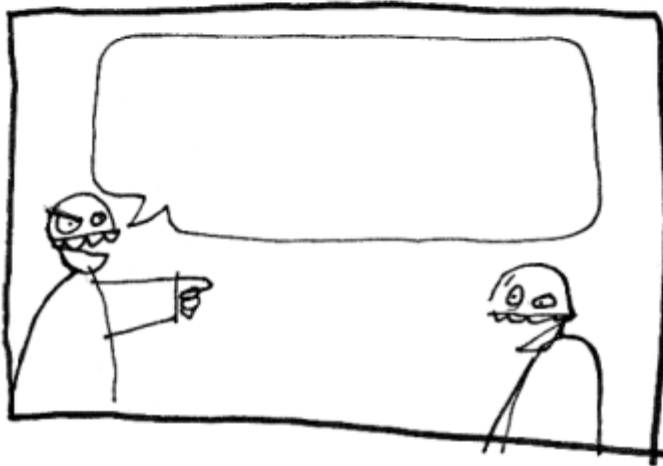


Write things you can do to unblock your creative genius:

Blank space for writing with a downward arrow pointing to the start of the area.



do I care what they say?  
why? \_\_\_\_\_  
why not? \_\_\_\_\_



THEY SAY:  
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✂ cut here



fold here

Things I love to do that are purely mine and that I refuse to let anyone say otherwise:

