



Your Creative Self - Initial Exploration Handout

1. What's your intention for this course? What would you like to get out of these 21 Days of Tapping?

2. What aspect of your creativity would you like to expand and develop?

(Are you a blocked or frustrated artist, writer, painter, designer, musician, sculptor, photographer, screenwriter, actor, flower-arranger, poet...or something else?)

Now use the following questions to journal and to get really clear on your emotions, feelings, limiting beliefs and triggers around your creativity.

Take your time, allow anything to come up, whether it seems relevant or not.

3. Close your eyes and picture yourself engaged in your area of creativity.

What EMOTIONS come up for you? (Fear, self-doubt, frustration, sadness, anger and resentment, boredom, anxiety, embarrassment, shame, guilt etc. etc.)

Where do you feel those emotions in your body?

Rate them on a scale of 1-10.

4. And what THOUGHTS AND BELIEFS do you have? (About yourself, your art, the world etc.)

Your Creative Self - Initial Exploration (cont)

THOUGHTS AND BELIEFS (cont.)

5. What MEMORIES are coming up for you? People, places, projects, successes and failures.

6. Which of these FEARS come up for you?

BEING VISIBLE - Complete the sentence:

It's not safe to be seen as an artist (writer, musician etc.) because....

PERFECTIONISM - Complete the sentence:

It has to be perfect or....

Your Creative Self - Initial Exploration (cont)

I'M NOT ENOUGH - Complete the sentence:

I'm not _____ enough to be an artist (writer, musician etc.).

NOT DESERVING - - Complete the sentence:

I don't deserve to be an artist (writer, musician etc.) because....

BEING CRITICIZED - Complete the sentence:

If I become more creative _____ will say/think....

LACK MENTALITY - Complete the sentence:

There isn't/I haven't enough _____ to be an artist (writer, musician etc).

NO PATHWAY - Complete the sentence:

I don't know...

OTHER (You choose!)

We'll explore all of these (and more!) in our initial live call and then use the tapping to clear our way to creative joy, healing and happiness.

