

Fear and Focus

Don't spend a lot of time thinking, just write down what comes to you. And keep writing for each answer until you feel like you don't have anything else to say.

I want to create because: _____

My work can make a difference in the world by: _____

My work is important because: _____

I am important because: _____

When I create I feel: _____

I want my work to tell a story of: _____

I do the following instead of creating: _____

I don't create because: _____

Read back over your answers, which make you feel open and free, and which make you squirm and retract?

Choose a few of the words that resonate with you. Now get out your calendar and create your schedule for the week. If you're putting something on your schedule that doesn't match your words, see if you can take it off.

And when I say create a schedule I mean write down everything, exercising, reading, running errands, watching TV, making art. Remove the things that are holding you back, and replace them with what will set you free.