

# Feeling Stuck? Shake it Up!

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# Normal to Get Stuck

- Career
- Life
- Project/Hobby



# What Needs Shaking Up?

- Old Family Roles / Beliefs
- Negative Teacher Evaluations
- Rules of Ill-fitting Tribes



# Importance of Creativity

- 87% believe creativity is vital to work and life
- Only one in 4 think of ourselves as creative
- But ALL children are creative



# What is Creativity?

- Seeing things from different perspectives
- Finding fresh solutions to problems
- Generating original ideas
- Combining old concepts in novel ways
- Expressing yourself uniquely



**LIFE ISN'T ABOUT  
FINDING YOURSELF.  
LIFE IS ABOUT  
CREATING  
YOURSELF.**

# Each of Us is Unique by Default



There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.

(Martha Graham)

[izquotes.com](http://izquotes.com)

# Why Aren't We Authentic?

- “The other person isn’t authentic, so why waste your time?”
- “Protection from opening up to wrong people who bash you, and spread lies and gossip.”
- “Many people are out of touch with who they really are.”
- “We are conditioned to suppress our authenticity.”
- “Fear of being hurt, vulnerable.”
- “Fear of rejection.”
- “We don’t know who our true self is; can’t show what we don’t know.”
- “Conformity.”



“If you find an answer to that question, please write a book about it... It’ll be a best seller.”

# 7 Questions to Find Your True Calling





# Overview

1. What are you naturally good at?
2. What makes you unique?
3. What fills you with passion?
4. What makes time disappear?
5. What did you love to do as a child?
6. What do friends ask you for advice about?
7. What would you do if money were no object?



# 1. What are You Naturally Good At?

- Comes easily to you, without trying
- Don't realize it because think everyone can do it
- Compare self to others to find out



## 2. What Makes You Unique?

- Mojave Desert Joshua Trees
- No two trees or people alike
- “Maybe you’re special, but I’m like everyone else.”
- Physiological makeup, experiences, interest, skills



# 3. What Fills You with Passion?

- Not parents, teachers, spouse, friends, but YOU
- Experiment to find out



# 4. What Makes Time Disappear?

- Get into creative flow, live in the moment
- Lose track of time, feel content
- Different for different people



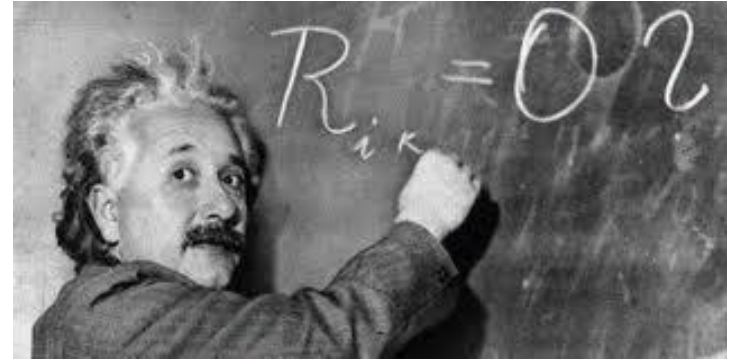
# 5. What Did You Love as a Child?

- Or as a young adult?
- May have “forgotten” because ignored or punished by family members or teachers



# 6. What Advice do Friends Ask For?

- May take it for granted, even feel ashamed of it
- Pay attention to what people think YOU know that they don't know





# 7. What would You Do if Money Were No Object?

- Go beyond traveling the world and buying mansion / yacht
- What are you so interested in you'd do it for its own reward?





# Review

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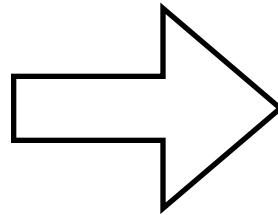


# Express Your True Self

- Common answer = true calling
- We each have a special gift, maybe more than one
- By letting life force work through us, we break through stuckness and create unique lives



# Go from Stuck to Shaking it Up

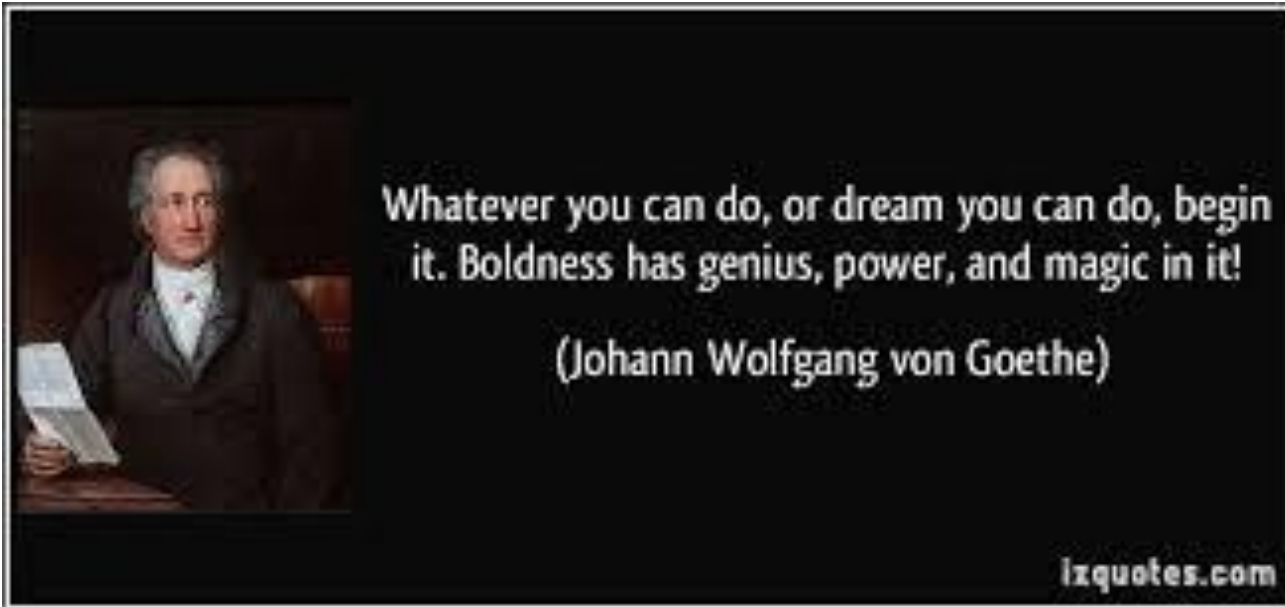


# Be True to You

"If you're prepared for people not to like you, it's easier to be yourself. My mom once told me this, and I thought it was the smartest thing I'd ever heard."



# Do it Today!



# Let Your True Light Shine - Book & CD OUT 2014

