

A Creativity Story



As a talented artist, her sister was the creative one in their family. So growing up, she got the message that this role was already filled and so being creative or artistic wasn't the role for her. Despite this, she loved drawing and doing arts and craft projects as a kid. And her favorite part of the month was when she would get monthly kits that her mother subscribed to for her. She loved putting together whatever was in the box – creating something new – and feeling pride that SHE had created this thing with her own hands. And still, since her sister was obviously the talented gifted one in this area, she didn't think there was space left for HER to be creative. So she just let it go.

And as the years went on, she forgot about creativity and how much it was a part of her. Well actually, when she looks at her life and what she has done with it, she sees how much Creativity was a part of it – although she didn't know this at the time. In many ways, she followed the rules that she picked up from people around her and started living a lot of the 'supposed tos' and the 'shoulds'. For a while, she listened much more to these than to what called her, what fueled and excited her. And then when some of these decisions led her to a point of extreme unhappiness, she started shifting slowly.

When she looks back now, she sees how her creative mind was working – even though she still didn't label herself as creative. Instead of following the stream, she started doing things HER way more and more. She made big international moves and went back to school in her 30s and changed careers a few times. She made conscious choices about relationships. She found new ways to challenge herself and re-define herself. She realizes now that this is actually the ultimate creativity – living her life in a creative way, with no 'shoulds' and without following the stream.

At some point, she began to SEE the Creativity in her. And the more she saw it, the more she could nurture it. The more she did this, the stronger it got. Once she recognized the Creativity, it was like getting familiar with an old friend. It felt easy and comfortable AND as if it had been too long in between visits. She began to enjoy really tuning into ALL the ways she was and could be creative – in cooking, in daily routines, in communication with people, in her career. And she began taking on all kinds of creative projects – sewing, collaging, writing.

Today, there is no area of her life that she doesn't feel creative. She is conscious of the choices she makes and these are HER choices. She understands her choices and why they are important to her. When she needs to, she makes adjustments and follows the energy of what is happening instead of trying to force things. She tweaks and experiments, questions and shakes things up sometimes. She knows that Creativity is something she can't and won't ever live without. She now truly SEES and FEELS her own creativity and so it was like an added bonus and as if things had come full circle when one day her sister said to her, *"You're very creative"*. *"Yes"*, she said. *"I am."*

