



## PowerBite #1— Follow Your Creative Urges

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*Several years ago I was between jobs and had just moved to a new town. I felt unfocused and scattered, unsure of what direction to take. Do I go back to school? Job hunt? Pursue a creative project? One day I saw a flyer that advertised the services of a life and career coach. The heading on the flyer read: “Do you want to live with passion and purpose?” Something about that question resonated with me, so I gave the coach, Pam, a call. After she guided me through an interview process, it became very clear that the thing I wanted to do the most was to photograph women in their power. I’d been thinking about this project for a few years but hadn’t taken much action. When I committed to this path with a laser focus, my whole life moved into flow. I attracted a job that supported my efforts; published an award-winning book; and started speaking professionally. Later, I had the idea for this workbook. By following my creative urges, a whole new world opened up to me that I could never have predicted.*

At our very core, we are creative beings. New ideas and dreams spring from our minds everyday, waiting for us to grab hold and manifest something magnificent. When we ignore our creative urges, our energy gets stuck. We feel depressed, dissatisfied, and discontent. We feel guilty because we know we are neglecting ourselves at a deep level.

We claim our power when we pay attention to our inner urgings. If you feel the urge to write, paint, sing, dance, take a trip, enroll in a class, play an instrument, dress elaborately, sculpt something out of stone or do stand-up comedy...it's important to take action. These are the things that remind you of who you are.

**\*\*\*What creative urge do you need to follow?**

What creative urges are calling to you? Write whatever comes to mind. Just let your thoughts flow.

Choose one creative urge that is tugging at you the most. Then list three steps that will help you take action. Set a target date for each step. When you've taken a step, give it a checkmark.



One creative urge that I want to express is this (be specific):

I reclaim my power by taking these three steps:

Step 1      Target date \_\_\_\_\_

Step 2      Target date \_\_\_\_\_

Step 3      Target date \_\_\_\_\_

In **one word**, describe how you will **feel** when you've accomplished this goal: \_\_\_\_\_!