

When Creativity seems Hard... and what to DO about it!

All forms of the 6 Energies are *related*



Member Monday
June 13, 2022
Coach Donna Stott
Your Coaching Matters

There are 6
forms of Energy
that move us
Across the
Border from
Visionary
Reality
to
Physical Reality



Let's Review: The Playing Field – 2 aspects of reality

Physical Reality

Matter/Density: Always changing- things
people places develop, expire, are replaced
things... stuff. Takes Energy to
Unpredictable change things here.



GOALS
ACHIEVED
live up here

Visionary Reality

ideas “light” & exciting vs dense
dreams and requiring work
desires Unlimited by
“free” – no cost of physical reality
Energy No commitment or
promises



IDEAS for
GOALS are
visioned or
dreamed or
desired in here

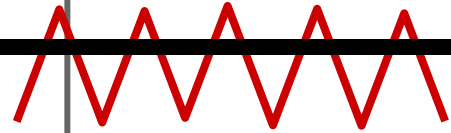
The Playing Field

Physical
Reality



It takes 10x of
ENERGY to break
through the border as it
does to keep going after
getting through it!

Trouble at the Border



Visionary
Reality



NOTE: Monkey
Mind or
“negativity bias” is
MOST Active at
the Border!



These 6 Energies that
allow us to MOVE
through the Border
between the 2
realities with EASE

Creativity
Physical Vitality
Relationship
Time
Money
Enjoyment

How we do one thing is how we do everything in a holographic universe.

- For example – when you are TIRED with low physical vitality, you are unlikely to be super creative, right? Rested = Creative!
- If your relationships are all in trouble, you probably aren't very profitable with your enjoyment. Loving Relationships = Enjoyment!
- If you are poor in time management, you likely are not very effective with your money either. Effective with your Time often reflects positively on your energy of Money!



**You could choose any two of the energies and
see how one affects the other**

May and June this
year we are
focusing on
Profiting from the
Energy of
Creativity



Jan/Feb was about Profiting in the Energy of
TIME



March/April was about Profiting in the Energy of
RELATIONSHIP



Coming up July/August is about Profiting in the
Energy of PHYSICAL VITALITY



Sept/Oct is about Profiting in the Energy of
MONEY



And we end the year in Nov/Dec on Profiting
from the Energy of ENJOYMENT.

AND... mastering any ONE of them will support all the others!



Let's Look today at the Relationship
between each of the Energies with
Creativity

*Hint: We are going to end with the
Energy of Physical Vitality as I have a
story to share...*



The Energy of Creativity and the Energy of Time

- How creative are you when you are pressed for time?
- Some people have their BEST creativity with a deadline. Others it paralyzes.
- Have you ever experienced a set time for creativity? Like an art class for example? What happens when you give creativity TIME?
- If you rarely take the time to do what is important to you, doing instead the “urgent but perhaps unimportant”...you may feel your energy of Creativity draining away.

The Energy of Creativity and the Energy of Money

- What relationship do you see between the energy of Money and the energy of Creativity?
- The Pursuit of Happiness... He got very creative (don't hang up phone) and was able to create more of the Energy of Money!
- My Brother and Sister in Law...
- <https://www.allthingsintuitive.com/>
- <https://www.facebook.com/AllThingsIntuitiveCo>



The Energy of Creativity and the Energy of Relationship



- How Creative are you when your Relationships are not working well?
- Who can support you in being creative?
- Who are your cheerleaders? What do they bring to your creativity?
- When you bring creativity into your relationships, what happens?
- The Go Giver Marriage... 5 keys.
- The 4 A's in Relationship:
Appreciate, Admire, Adore, Accept.

The Energy of Creativity and the Energy of Enjoyment

- How much do you ENJOY it when you are are Creating?
- When you finish something that you used a lot of the Energy of Creativity, do you enjoy it more than something that you didn't use that energy?
- MUSIC can be part of this Energy connection!





The Energy of Creativity
and the Energy of Physical Vitality

My Story

Is your Physical Vitality holding back your Energy of Creativity?

Been feeling Tired even though getting “normal sleep.”

Been on many trips away, so *it wasn't time off work*. **It was simply being On the Go for a long time.**

Wanted to write... a Primary LI in 2022 - but rarely found the time *or if I had the time, I couldn't find my creativity.*

Took last week off... Tuesday afternoon-Friday!

Slept as late as I wanted to each day.

Note: It was MORE than “normal.”

Ate from my garden. Sat in the sun. Worked in my garden a bit each day vs many hours on a Saturday that wiped me out...

Did a regular physical routine – Just a little bit.

Found BALANCE in my Energy of Physical Vitality again...


And BOOM – Creativity through the roof!





Breakout:

How does your
Energy of
Physical Vitality
(describe what
it means to you)
affect Your
Creativity?



*What do you see that is
yours to DO around your
Energy of Physical
Vitality (and all the other
Energies) **As Soon as
Possible...** so that... you
are **READY** for the
Creativity the 2nd Half of
this year will require of
you to meet your goals?*

