

Creative Dream Exercise

This creative exercise encourages you to imagine your creative dream going as well as it possibly could in the future.

Time Required: 15 minutes per day for two weeks

Instructions

Take a moment to imagine your creative dream in the future. What is the best possible outcome you can imagine?

Use a blank piece of paper and draw a crystal ball or find an image of a crystal ball. Place the crystal ball in the middle of the page.

For the next 15 minutes, write about what you imagined the best possible future to be. Describe your creative dream in detail and HOW it is wildly successful. You may be tempted to think about ways in which accomplishing your goals have been difficult for you in the past or about other blocks. Gently brush the ideas away and FOCUS on the future.

Why It Works

By thinking about their best possible creative dream, women can become aware of what they really want from their creative work. This way of thinking can help restructure priorities to reach the goal. It also helps women increase their sense of control and what they need to achieve their dreams.

Sources

Laura A. King, Ph.D., University of Missouri
Jeffrey Huffman, M.D., Harvard Medical School

Kimba Livesay is the creator of the Creative Play Way and is a certified creativity coach, workshop facilitator, artist and writer. You can learn more about her creative play programs at www.kimbalivesay.com