

Weekly Credit Report



The Creative Play Way Coaching model illuminates that confidence, self-respect and a feeling of accomplishment feeds the creative process. Being human our minds often zero in on what was not done, what needs to be done better, and what isn't good enough. The credit report works to focus **YOU** on success and bolsters self-esteem which enhances motivation and action. Giving credit to our efforts allows us to come from a full place rather than an empty one. Five minutes before bed write a list of at least one thing you are glad you did during the day. Doing this at night feeds the subconscious with positive feedback creating magical dreams.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

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