

An excerpt from
The Creativity Map Workbook

By
Kirsten Olson

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Kirsten Olson, 2006

There are as many ways to work through this exercise as there are people using this workbook. Some readers have had profound experiences by working through the following exercise as quickly as possible, writing without editing the first thing that pops into their heads in response to the questions. Later, you can go back and look at what you wrote to gain insight or make the changes you want to make for yourself.

Another possibility is to read through the entire exercise before you begin playing with it. Some people will need to take their time – perhaps even a couple of days in each room – to explore what this exercise brings up for them.

You can also work through this exercise with a friend, partner, or with a group. One person can ask the questions and the other can share her experiences out loud. You will discover new things in this exercise each time you do it. I invite you to play with it as often as once a month or more frequently for as long as you are gaining the insight and motivation you desire.

The following workbook exercise is adapted from an experiential psychodrama exercise created by **Louise Lipman, CSW, TEP.**

Exercise 1: The Hallway

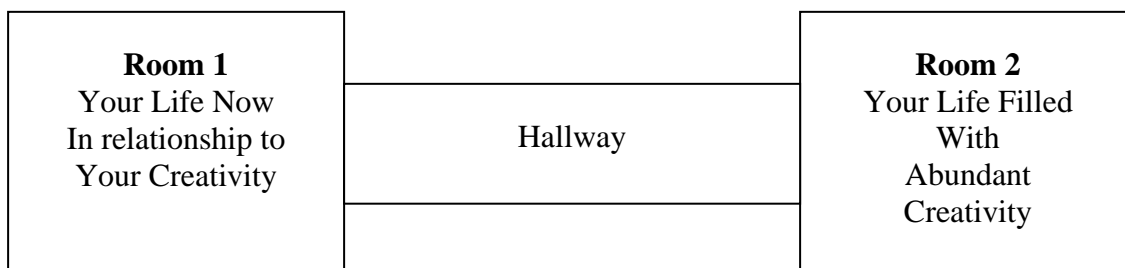
Imagine there are 2 rooms separated by a long hallway. You are in Room 1.

Room 1 represents **Your Life Now as it stands in Relationship to Your Creativity.**

And

Room 2 represents **Your Life Filled with Abundant Creativity.**

From Room 1 you can look down the long hallway towards Room 2, where you see a closed door. Behind that door is your abundant creativity.



You will begin in Room 1. Remember, this room represents where you are now in relationship to your art.

Examples:

- One woman described her room as filled floor to ceiling with nothing but laundry. She was buried under the laundry and had to fight her way through it to get to the door.
- Another woman saw her own living room and realized for the first time that her living room was absolutely perfect and absolutely beautiful, but that it did not reflect in any way who she was. It could have been anyone's living room.
- One workshop participant was in her father's living room. He was sitting in his recliner and the TV was on. When she tried to speak to him about her life and about her art, she could tell he was more interested in his television show than her thoughts and feelings.
- Another woman's room was completely open. There were no walls and no ceiling. She could see the sky and the landscape surrounding her. She felt free and open and she enjoyed the expansive view, but as she looked down the hallway she was overcome by curiosity. Even though she loved where she was, she wondered what more she could create.

Room 1:

A Vision of Your Life in the Present as it Relates to Your Art and Creativity

Close your eyes for a moment. In your imagination, take some time to feel what is surrounding you. When you can sense the room around you, open your eyes and take a look around. Now, take a few minutes and respond to the following questions:

What do you see in your room? What does the room look like? Are there windows? Furniture? Colors? Other people?

How do you feel in your current surroundings?

If there is anyone in the room with you, describe who they are and your relationship to them?

Is there anything holding you back or keeping you from leaving the room? If so, what do you need to say or do in order to move forward? Imagine yourself doing that now. Once you are complete with this, it will be time to leave your room and take a step into the hallway. Please take as much time as you need exploring Room 1 and doing what you need to do in order to move into the hallway even if you have to sleep on it for a few days.

***The Hallway:
The Path Toward Your Abundant Creativity***

As you step through the door and enter the hallway, what do you see? Is the hallway wide or narrow?

How does it feel to leave the first room behind? Do you want to shut the door behind you or would you prefer to leave it open?

Are there any obstacles in front of you in the hallway that you will have to move around or negotiate with in order to get to the other door?

Can you see the door on the other end of the hallway? What does it look like? If you can't see the door, what do you see? Can you see the end of the hallway?

Take an imaginary step forward. How does that feel?

Take another step. How does that feel?

Take your time to move down the hallway towards the halfway point between Room 1 and Room 2. As you approach the middle of the hallway, does the view at the other end change?

As the first room becomes farther behind you, how does it feel to have more distance between you and the first room?

When you cross the middle point of the hallway, what do you see, feel, hear? Can you sense what may be behind the door in front of you?

Take your time moving towards this door in your imagination and make note of any feelings or visions that arise as you get closer to the door in front of you.

If there is anything else you experienced while you were in the hallway, make note of it here. Remember, all hunches, inklings, and perceptions are a valuable part of your experience.

Room 2:
A Vision of Your Abundant Creativity

Stop when you reach the door and pause for a moment. Before you open the door ask yourself the following questions and write your responses:

What do you want to see when you open the door? You may not have any idea at all. You may have very specific wishes.

What do you expect to see when you open the door? Is this different from what you wish to see?

Go ahead and take hold of the door handle. Take a breath and open the door. Describe how you opened the door and how it felt. Did you fling the door open? Did you open it slowly and take a peek first?

What is the first thought that comes to your mind when you open the door?

When you are ready, take a step into the room and describe what you see. What things, people, colors are in the room?

In what ways is this room different from the first room?

Is there anything in the room that surprises you?

Take a moment and feel what it is like to stand in the middle of your abundant creativity. Describe your sensations, feelings and thoughts.

Take a look around. Is there one thing in your room that specifically represents your creative abundance and fulfillment - an object, a symbol, or a person perhaps? What is it?

If you like, take some time to draw a map of your room or a picture of your symbol here.

This symbol will represent the fulfillment of your abundant creativity on your **Creativity Map**. Draw or describe that symbol on your map in the “Goal Reached” location. If there is a symbol that emerged from Room 1 you can represent that on your Creativity Map at the “Start Here” point.

Kirsten Olson is the founder of Creative Mamas.

Creative Mamas explores what it takes to be a mom and an artist in the same lifetime.

www.CreativeMamas.com

Mom, Are you ready to take 'Center Stage' in your life?

What happened to the brilliant creative woman you were meant to be? Did she get sidetracked by life?

Do you believe you have to
choose between
being a mom
and being a writer, an artist, a singer ... ?
You don't!

Creative Mamas is the place for you if ...

- You know being creative is part of who you are, but you find yourself continually putting off creative work because other “responsibilities” are managing your life.
- You have unfinished creative work that you have been putting off until the kids are grown, the mortgage is paid, or ... (insert pending milestone here).

Kirsten’s passion is to help other Creative Mamas get their creativity out there, experience artistic fulfillment, and live the fun, beautiful lives they are meant to be living.

At Creative Mamas you can find coaching services, resources, and support to help you re-connect with your creative brilliance. You can get it back. It isn't gone. It is still part of who you are. You know that because you probably feel your creative desires tugging at you in the wee hours of the morning.

It's time to pull that half-written novel out of the drawer, get those water colors and your easel out of the basement, get yourself back into the dance studio or back onto the stage.