



INSPIRED ARTIST MASTERCLASS

LIVE COACHING CALL

04.11.19

CREATIVE DEVELOPMENT METHOD

YOUR CREATIVE PERSONALITY

CREATIVITY DEVELOPMENT METHOD

Why is it helpful to have a method/system/framework for your art?

It's not "when you have plenty of time, I'll begin to manage it.. It's "when I begin to manage my time, I'll have plenty of it.."

Cultivating the habit of managing your time and creativity is more important than the amount of time and creativity you have.

GOLDEN GOOSE & THE GOOD GARDENER

The story of the goose that laid the golden eggs. A poor farmer one morning finds that his goose laid a golden egg. He's over the moon. The next day, the same thing! After a while he got an idea to cut the goose open to get all the eggs now! He did so to only find that the goose was the same as any other inside. He sacrificed her only to find nothing inside the golden goose.

There is no way to get all the eggs right now. You need to nurture the golden goose and feed off the rewards you get from tending to it over a long period of time.

This is your creativity factory. This is the time you spend working on new creations. Whether it is new music, paintings, sketches, drafts, half poems, doing scales, stretching, writing jokes, forming clay. This is where everything gets made.

This means a daily practice, daily nurturing of your creativity. The reason this is a challenge is that it is important work, but not urgent. The rewards do not come immediately and so we get discouraged.

Like attracts like; Creativity attracts Creativity. Your daily practice acts as a Creativity magnet!

What happens to your creativity when you don't exercise it for a while? If it were a river it would dry up? Imagine your creativity as a river that flows inside you. Your creative ideas are pails of water that you fetch from the stream. You want your river to be flowing consistently in the

background of your subconscious mind at all times so that when you want to access ideas, there is a body of water there from which to take from.

Your daily practice creates a steady rainfall up stream to keep your creative river flowing. Imagine for a moment what happens when there is no rain upstream. Your river turns to a creek and then dries up. The next time you go to get water or ideas from your river, there is nothing there to take from. If from time to time you spend some time in fits and bursts it appears, but no great ideas come from it. This is because it takes a while for the floor of the river to soak up the initial efforts of creativity to stabilise its floor and banks. It also takes time for the creativity that falls on the mountain to make its way to where you fetch your ideas.

Imagine now if you could generate rain upstream on a steady and daily basis. It can take some time for that water to make it down the mountain, but when it does the waters rise and the river flows consistently. When your creativity reaches this point of flow, you are able to go to the river at any time and find fresh water and ideas in which to drink, swim and play.

*"We are what we repeatedly do.
Excellence, therefore, is not an act, but
a habit."*

- Aristotle

DAILY PRACTICE EXAMPLES

Leonard Cohen would write consistently for 5 hrs a day.

Tom Waits went through a period of making sure he wrote a song a day.

Phillip Glass works a regular work week of 8 hours a day.

Beethoven did 8 hours a day. Charles Dickens did 5 hours a day.

Mozart did 4 hours of composing and 4 hours giving lessons a day.

Thelonious Monk would play all through the night. He would sneak into friends' houses at 4am and start playing their piano's. He would continue to play long after gigs had ended.

With any great artist who has accomplished something grand, there is one common element between them all. A strong commitment to a daily practice.

*"One page for the book, ten pages for
the wastepaper basket"*
- Ernest Hemmingway

In art, usually where there is quality much quantity has come before it.

Get your own daily practice template [HERE](#).

Watch previous IAM Coaching Call on 08.10.19 Daily Practice in replay area.

LONG TERM GOALS AND ABILITY

These are projects that have an outcome such as an album, a big concert, an exhibition, a completed manuscript, a completed folio of work, etc.

EDUCATION

Ongoing cultivation and education to continue improving and growing with guidance and new information and inspiration. This includes, seminars, lessons, classes, coaching, mentorship, studying full time/part time. Overcoming fears and limitations through personal development. This also includes reviewing your goals and promise plan. I'll be talking a lot more about that tomorrow.

PLAY

This is unabashed play without purpose or direction or a required outcome. This is pure unadulterated creative play. This includes experimentation. Play in creative gardens that are not your own. If you are a musician, paint a picture. If you are a dancer, write a poem. If you are a sculpture, go out dancing. Experiment, explore, play, open, create for no reason other than it brings deep joy to do so.

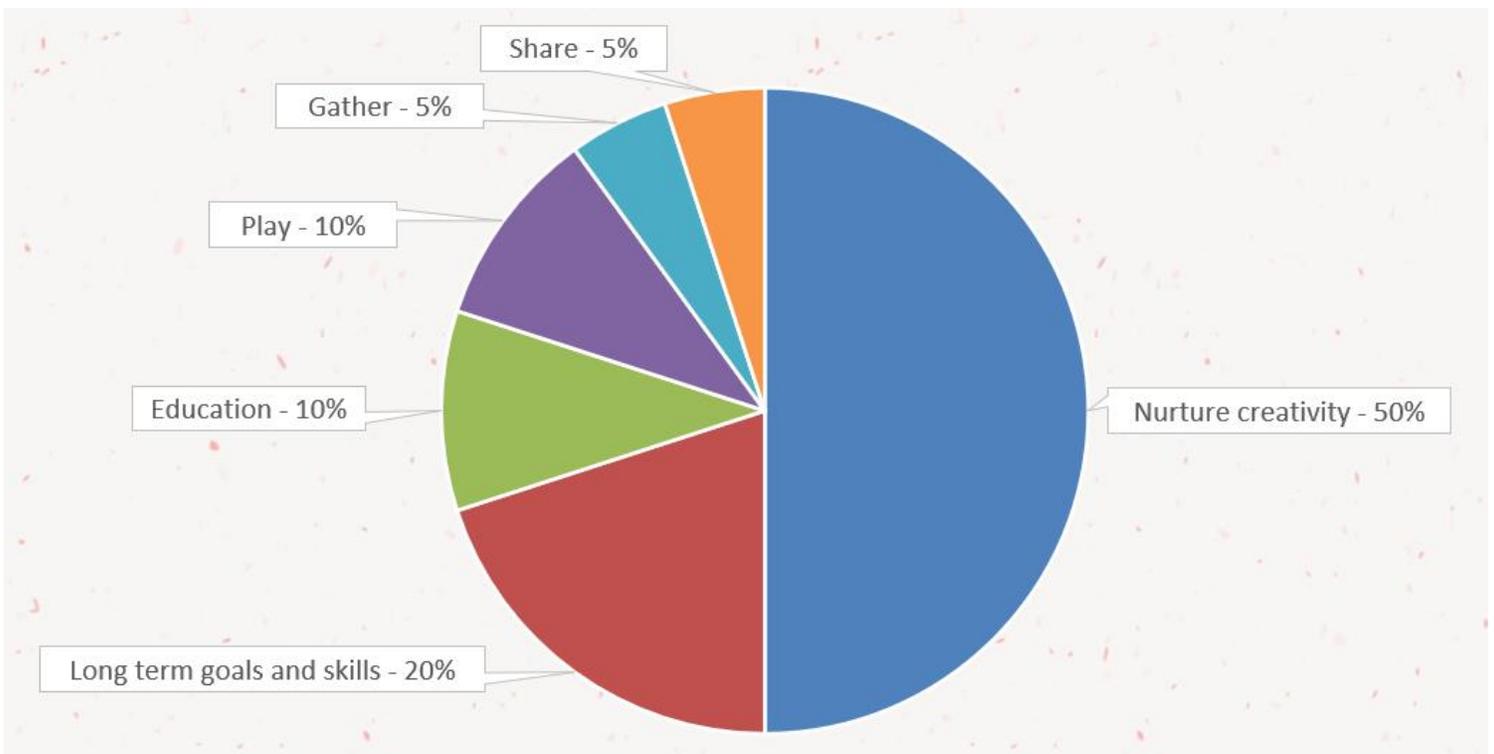
GATHERING

This includes all of the input into your creativity. This means regular consumption of music, painting, theatre, sculpture, comedy, dance performances. You can read books, biographies, watch documentaries. Go to galleries, participate in a dance class, dance at home, go to a gig, talk to friends about art. We need to constantly be taking in new inspiration to gather ideas for our own expression and to expand our creativity. We need to keep our inspiration tank full!

SHARE

Share your creations with others you trust for constructive criticism, feedback, bounce ideas off people. Being an artist can often be a solitary pursuit. Include others when you are ready, so that you can take in guidance and better your own work.

HOW MUCH TIME ON EACH?



1. Nurture creativity 50%
2. Long term goals and skills 20%
3. Education 10%
4. Play 10%
5. Gather 5%
6. Share 5%

YOUR CREATIVITY PERSONALITY

4 CREATIVE PERSONALITY TRAITS

AVOIDER

Someone that has creative ideas but doesn't writes them down. Ideas come and go and never see the light of day. They know they are creative but avoid sitting and doing the work. They prefer to go and spend time having tea with friends for hours or laying in the sunshine in the park.

MONK

The monk works diligently on his creations. Non-materialistic. Wants no recognition. Humble. Does not want to show off what they create. It might upset or offend someone or not be accepted. It also might be too arrogant to show what they have created.

PERFECTIONIST

Someone that hoards ideas. They are great at sculpting and refining and polishing and planning and buying new gear to make their creation better, but we rarely see any of their work because it's not perfect yet.

CONDUIT

Creativity comes and goes. Gets written down but never refined. It flows through them often and constantly, but it seems to pass through them and never make its way to paper, canvas, stone or the air. They are in the clouds and more of the air and not so much in the physical realm.

The category I most relate to is:

Characteristic of that category I relate to most are:

Positives:

Negatives:

The key for all categories: BALANCE

How will you find more balance?

AWESOME WEEK EVERYONE!

Your art matters,

Mijo

If you'd like a 1 on 1 session with me to explore any of these tools further or overcome any current challenges with your art, you can either [go here](#) to book a time or contact me at creativitymindsetmastery@gmail.com with any enquiries.