



*Artisan*  
OF YOUR LIFE

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Lesson 1

# Lesson 1

## "You are the artist of your life." Whitney Freya

I remember the first time I heard Whitney say "You are the artist of your life". This concept absolutely blew my mind!

Because I was living an old story. I had long ago thought that my life was pre-determined...I was a certain kind of person, I had chosen a specific life with a specific person in a specific faith. I was living a story that was written for me.

As I said in the introduction video, I was in in my mid-40s and I had dedicated my life to serving others, my family and serving my church and suddenly, without notice, I found myself at a crossroads. I felt like I had lost sight of who I truly am amidst the demands and responsibilities of caregiving and service. The trauma I experienced left me broken and lost.

It was time to create a new reality. Time to live into a new story. It was time for me to paint a new picture of what my life would look like...

but this time, I determined I was the artist.

# Lesson 1, con't

## Exploring Contrasts

One way to rethink the way I'd always defined my life was to think about the contrasts.

I was given a set of glasses and was told to view the world through those lenses only.

But I wasn't born to see through someone else's lenses, I was born to discover who I am.

Through their lenses, I was told that I was condemned, that I was shameful, and that I was to fear punishment for my many sins. And I believed that for a long time!

But looking at each interaction Jesus had with others... Jesus didn't teach about guilt, in fact He teaches us not to judge or condemn others and offers forgiveness.

Jesus doesn't tell his followers that they are to be ashamed, He says that they are adopted children and heirs to the kingdom. He takes away our shame and puts us in the place of honor.

Jesus also doesn't require fear, instead, He gave his followers power and authority over the spirits of this world.

This is the place we are called to live our life from...not fear, not limiting beliefs, not narrow interpretations of what it means to obey Jesus. But from a place of trust, a place of power, and hope, and love.

And that includes me...

# Lesson 1, con't

Although I felt lost and alone and broken and all used up  
from pouring myself out to others...

Although it took a lot of time, courage, patience, and help  
from others...

Although I made some mistakes and wrong turns...

I am the artisan of my own life!

and you can be, too!

**BUT HOW?????**

**WHERE DO I  
START????**

# Lesson 1, con't

#1 SELF-DISCOVERY

*Joy*

## You start with Joy...

One thing that we forget to do when we are busy serving others is to play, to have fun, or to do what brings us joy!

And that is where this painting practice begins.

It begins with playing...

Fingerpainting like a kid again!

Freedom to use whatever color...

whatever movement...whatever mark

**makes you happy!!**

# Lesson 1, con't

The first thing to understand is that your purpose is recognizable only through the lens of joy!

"JOY is the signpost on your way to reclaiming your most purposeful, inspired self."

Whitney Freya

How many movies have you seen where the main character goes through something hard...and you know it's hard because they have lost their creative mojo...

the writer can't write...  
the musician can't play...  
the director has no new ideas...

...and you KNOW when the character has a breakthrough...why?

...Because they can suddenly create again...and better than ever!

So let's PL AY on our canvas and take our first step toward ourselves again by reclaiming our JOY!