



Karli Corr

# *Awaken Your Creativity*

**A Mini-Workshop on How to be More Creative by  
Awakening the Creativity You Already Have**



# ***Supply List***

Everything you can find at home!

<input type="checkbox"/>	1 black ink pen
<input type="checkbox"/>	1 blue ink pen
<input type="checkbox"/>	1 pencil
<input type="checkbox"/>	1 eraser
<input type="checkbox"/>	a timer (you can use your phone)
<input type="checkbox"/>	printed worksheet (if you can't print, blank computer paper will work)
<input type="checkbox"/>	an open mind :)

[this is your doodle page]





## UNLEASH THE DIVINE IN YOU & EMBRACE YOUR FULL HUMANITY

### The Gift of Your Creativity

**We all have it.** The ability to be creative is something that EVERYONE is born with. (Yes, even you!) God gave us creativity, and he wants us to use it. It's one of those talents we have that never actually goes away, but can remain underdeveloped if rarely used. It's like a muscle - we have them, but if we don't use them, they are small and we become weak. If a weak person were to try to lift something heavy, and couldn't, it's not because they don't have muscles. It's because their muscles are underdeveloped. They must use them more and become stronger. It's not impossible for that weak person to learn to lift that heavy object, *they just need to become stronger.*

I think we live in a society that thinks you're either born with creativity or you aren't. But that's really like saying either you're born with muscles or you aren't. Creativity is so misunderstood, and a lot of people are lacking in their development. So just as you'd tell the weak person, "don't give up, especially when it's hard because that means you're getting stronger", I also tell you "don't

give up, especially when it's hard because that means you're getting more creative."

Now of course some people are able and more motivated to put on muscle than others. Some people are naturally able to put on muscle quicker, and some grow up knowing the importance of having strong muscles - while others aren't. <<< And so it is with creativity. For some people, it is easier to be creative and grow in their creativity. Some people are more motivated than others to learn how to be creative. Some grew up in environments that encouraged creativity.

So you're here, and you want to be more creative. I think that says a lot about you already! It might be difficult, it might be uncomfortable, and it might be something you're not used to- but don't give up! I promise YOU WILL GET THERE. You, my friend, **are capable.**

The goal of this guide is not to learn how to "draw" (that's coming soon, though!), but how to develop your *creativity*. Good drawing skills are not required- you just have to be able to hold a pen and be **brave** enough to try it.





# Lesson 1

## Your Unique Creativity and letting go of fear.

Creativity comes in many forms. In this guide, I want to focus on creativity in its visual form through doodling. It's one of many ways to practice being creative, and it's something a lot of people are familiar with. What you learn here can be translated into different ways of being creative - like your job, parenting, cooking, and just about anything that requires your brain. So keep your mind **OPEN** and tell that fear and doubt (that all too often creeps in) that they can take a hike.

Before we really dive in with the "heavy lifting", let's see where you are. **You'll need a black pen.**

(NO PENCILS ALLOWED ON THIS PART - **You are brave** and will go for the ink.)

*On the doodle page page, you are going to doodle for 1 minute.*

There are no requirements on what you have to doodle. Your doodles do not have to look like anything, and your doodles do not have to look good. The only requirement is that you are not allowed to leave your paper blank, and you must doodle the *entire* minute.

**Don't worry, no one will see this, and NO ONE but you cares if you "mess up" or if it doesn't look good. Don't even scratch out the things you don't like. Just leave it there and **keep going**.** I know that might be really difficult, but I know you can do it! I want you to not think so much. I want you to take these 60 seconds and unconsciously doodle on your doodle page with a black pen.

*TIP: try to zone out and not over think it. It's sort of like when people doodle when they're on the phone. They aren't really giving it too much thought.*

Set the timer on your phone for 1 minute and.... Go!

-DOODLE-

# EVALUATE

**Let's evaluate what you've done. Spend a couple of minutes and answer these questions.**

What was difficult?

What were you thinking about while you were doodling?

What did you start with? What was the order of your doodles? Did you do different things? Or did you work on one thing?

Where on the page did you draw? Middle, top, corner, all over?

Did you draw big or small? Or both big and small?

What did you draw? Was it floral? Letters? Just marks?

What do your marks look like? Are they bold or hesitant? Are they neat or sloppy?

Where did your doodles come from? Was it something you've done since you were a child? Was it something you learned in an art class? Or was it something new? Something you want to learn to draw?





It's important to take time to think about where you are. *Acknowledge it. Don't judge it.* Acknowledge it by saying to yourself, "This is where I am." And then be okay with it.

A lot of us haven't drawn in years. Most adults stopped learning when they were in middle school - and some even earlier than that! It affects who we are. What you chose to doodle, how you did it, and where you did it, can tell you a lot about yourself and your personality and your preferences. Based on your evaluation, are you neat and orderly? Or are you more free and wild? Are you careful and cautious? Or are you more bold and confident?

GUESS WHAT... no matter what you are -- IT IS GOOD. **Embrace who you are.** **Why do you need to change it?** The best artists and most creative people are the ones who are true to themselves and embrace it. *You can't be me. You can't be the artist you saw on instagram.* But you know what, **they can't be you either.** You are unique and wonderful just as you ARE. RIGHT. NOW. Your creativity is unique and wonderful too.

That's the *\*secret\**. To be creative is to be YOU. To think of things in the unique way in which you think of them. Your experiences, the culmination of the life you have lived is entirely unique to you. ***Once you embrace the fact that you will always have a unique approach -- that's when you will grow in your creativity.*** Creativity can only come once you release the fear and doubt you've been holding on to. When you free your mind from those limiting thoughts, it is open to receive the limitless creativity that's been given to you.

**Creativity is unique like each person.** It is **so** important that you realize that. Your creative spirit will be different than mine, or any other person. We have so many similarities with others -- but we are all unique and can share our creativity with each other. And THAT is the most beautiful part.

So, before we end this lesson, I want to leave you with a challenge. I want you to answer this question and be completely honest:

*What's stopping you from embracing your creativity?*

# Lesson 2

## Your Creative Journey

### where you've been and where to go now

In lesson one, you spent some time thinking about your own experience with creativity. In this next lesson, I want you to think about your *creative journey*. How you got to where you are right now.

Can you think back to the times your creativity has thrived and the times your creativity has struggled. When you think about your creative journey, it might be filled with struggle, doubt and disappointment. But, I bet *somewhere along the way*, you have moments of pride sprinkled in. **We have a harder time admitting our pride than our disappointments.** It's easier to put ourselves down than to lift ourselves up. Spend some time this week thinking over your creative journey. You can journal about it, consider it while you're driving, or mull it over while washing dishes (because something needs to take your mind off of that chore). I want you to do me a favor, though. While you're thinking about it, I want you to be **honest** with yourself - *don't be ashamed of those proud moments*. Okay?

**Go back to your doodle in lesson one.** We are going to add to it, but before we do, I want you to think of one inspirational song. You know, a song that makes you feel like everything is going to be okay.

(If you're struggling with this, no problem. Don't get stuck on it. You can use my go to song: **Send Me on My Way** by Rusted Root.)

Now that you have your song picked out, I want you to get a **BLUE** ink pen. You still can't erase, but now you're not starting with a blank page. Instead, you're going to use what you already have.

For 3 minutes, you are going to add on to what you drew in lesson one. You can connect things, replicate them, fill them in, whatever comes to mind. The main thing is that you are aware of what's already there. *Your new doodles must interact with the old ones in some way.*

Turn the music on, set your timer to 3 minutes and...Go!  
-DOODLE-





# EVALUATE

Let's evaluate what you've done. Spend a couple minutes and answer these questions.

Was this lesson easier to do? Or more difficult?

Was there a part of the doodle you were excited to revisit? Was there a part that you were dreading?

How do you feel about the doodle now compared to before?





# Lesson 3

## Time to play

**and let your creativity run free.**

You've made it to the final lesson! You've learned that creativity is a part of us and that it is unique. You've reflected on your creative journey and learned that creativity isn't always thinking outside of the box. You've learned that fear can limit us and that letting go of fear can lead us to growth.

With this final lesson, I want you to give you the opportunity to let your creativity run freely. We've awoken it, we've acknowledged it, and now it's time to **let it play**.

*For this final part, you may [finally] use your pencil and, yes, your eraser. Time is no longer a limitation. However, you must create a finished design. Connect what you've done. Add to it. Repeat what you like. With a pencil, you can plan out and even be strategic.*

Here are some reminders (because I know fear is hard to get rid of): It DOES NOT have to be perfect. It DOES NOT have to look like someone else's. It just needs to be you. The beautiful, imperfect, wonderful YOU.

You are unique. The decisions you make are unique and they are wonderful where they are. **You are naturally creative because you are human.** You can grow the creativity you already have through *practice*. But, the ONLY way you can grow is by embracing this truth:

**YOU ARE CAPABLE.**

Get your pencil and eraser. Don't set a timer. Spend as much time as you need and complete your doodle.

And.... Go!

-DOODLE-



## My friend, YOU ARE FINISHED!

Okay, are you feeling **brave** yet?

If not, THAT. IS OKAY. Seriously. I'm already **so proud of you**. Just keep practicing and you'll get more and more confident, I promise.

If you are **BRAVE**, I want you to share your creativity with us. It really is so unique and no one is like you. Let's celebrate your unique creativity by **sharing your finished creative doodle on Instagram or Facebook**.

Use **#creativitydoodle** and tag me **@karlicorr** so I can see it!

Thank you so much for taking this step in your creative journey. I am celebrating with you and thanking God for you and your unique creativity.

Until next time, my friend, remember that **YOU ARE CAPABLE**.

Karli

