

An abstract painting with a rich, textured background. The colors are a mix of vibrant blues, teals, oranges, reds, and purples, with visible brushstrokes and splatters. The overall style is expressive and modern.

Rise Above

A TRANSFORMATIONAL
PAINTING CHALLENGE

Lesson ONE

In this 1st Lesson...

The first step in ANY painting that we share with you, as Creatively Fit Coaches, involves PLAY! You don't have to know what to paint, how to paint it... you simply start putting color to the canvas.

In this #1 lesson we will explore the following together.

- ***The NEW Creative Story*** & how it frees you to paint without a concern about product.
- ***CONTRAST*** . The Principle of Design that makes art, and life, interesting, dynamic and rich with opportunities to learn & grow.
- ***Color Mixing*** . Experience how colors dance together, creating both illumination & shadow (contrast). We want both, right? In life and art...
- ***PLAYFULNESS*** . In this lesson you can drip, doodle, scrape, paint words... without a care in the world! Play!

The NEW Creative Story

This is your first step to open up to ALL the possibility that is available to you within this Personal Painting Practice:

Many of us have believed that “I am not creative” because of the OLD story around creativity that only SOME (very few) people are creative and that, even with talent, the only reason to create is if you can receive money as a result of your creations.

This story was written by a product-driven reality and, effectively, cut us off from the TRUE creative story that you are creating your reality in each and every moment. The only question (not am I creative or not?) is if you are creating with or WITHOUT awareness.

The NEW Creative Story is that creativity is like prana, your life force energy, as inseparable to you as your breath.

If you were a car
(just for fun imagine your

dream car), creativity would be the fuel. You can have a beautiful, functioning “vehicle” and if it does not have fuel in it, it can’t go anywhere.



The NEW Creative Story...

The intention in this Transformational Painting Challenge is that you will remember how to create the art that is your life WITH awareness.

For example, while we are painting, our intention is almost ALWAYS to paint what makes us happy, what we find beautiful, what makes us happy, right? We spend time quiet, maybe alone, going within, to focus on making our desired vision into a reality on the canvas.

AND in our minds, we so often “paint pictures” of what we DON'T want to happen, what we DON'T like, what FRUSTRATES us... We complain. We worry. We get stressed. That would be like going to the canvas to paint what causes us worry, stress, frustration, angst... right?

Yet, the power of creative visualization & meditation have been heralded from science and medicine to be incredible beneficial and powerful. Athletes can IMAGINE breakthrough performances to increase their success. We are familiar with the statement, “what you focus on expands.” Quantum Physics has proven that what we look for or expect actually influences what we see.

The NEW Creative Story . Journal Prompts

You are invited to receive the following prompts to contemplate as you paint, to use as inspiration for your writing journal, or as meditations.

The ideas offered & explored in each of these 8 lessons are dynamic and interactive. Maybe the New Creative Story will “land” with you now, weeks or days from now. The timing for Rising Above, for transformation & personal breakthroughs is seldom linear. Enjoy the journey!

- What has been your story around CREATIVITY up until now?
- How does looking at your life as ART with you as the Life Artist speak to / inspire you?
- What do you want to create MORE of into the art that is your life? FREEDOM? PEACE? ABUNDANCE? What are the feelings you want to feel more? (And you can paint these words and meditate on these feelings as you paint this first layer.)
- Where do you experience CONTRAST in the art that is your life?
- How has CONTRAST provided opportunities for growth & learning in your life. I.e. sometimes we don't know what we want until we know what we DON'T want.

CONTRAST

One of the reasons this Personal Painting Practice is so transformational is because it CONTRASTS your daily routine.

Most Creatively Fit Coaches “work” with individuals who have not painted before or who don’t feel creative, but they know deep down that exploring their Creative Selves will serve their overall well being.

They say around 85% of people have a “creative wound.” Again, the wound, the story around the wound, is dependent on the OLD Creative Story-- that art is only valuable as product and only the super “talented“ should spend any time painting.

All of the arts, dance, music, visual arts... exist to CONTRAST the logical, rational mind. The arts bring us into balance. If the “arts” were, in fact, only valuable as product, they wouldn’t contrast our predominant success-oriented mindset. This is why we can feel like we are wasting time or ask ourselves, “what am I accomplishing here” as we carve time out of our busy-busy schedule to play at the canvas.

It is EXACTLY because playing at the canvas CONTRASTS our daily routine that it is transformational.

CONTRAST... how to create it at the canvas.

A really common experience while painting is to wonder, “What should I do next?” It can also sometimes be translated as “I am stuck.”

As you learn to care less and less about the finished product (which does NOT mean you won't create ah-mazing paintings that surprise you with how much you love them), you can spend waaaaayyy less time THINKING or TRYING TO FIGURE OUT what to do next, and more time simply responding spontaneously, intuitively to which color, shape, brush stroke, image... wants to come next.

AND here are some suggestions about what to do when you are wondering what to do next, inspired by CONTRAST...

- Paint with a dramatically BIGGER or smaller size brush.
- Paint a shape / symbol / pattern that you already have on your painting and that you like and paint it BIGGER or smaller.
- Paint with your non-dominant hand.
- Finger paint!
- Say you have a space on your canvas that is predominantly blue and another space that is predominantly orange. Paint some smaller orange marks on the blue and some smaller blue marks on the orange, weaving the two spaces together.

CONTRAST... how to create it at the canvas.

- Take an everyday object like a tp roll, old credit card, bottle cap... and stamp a repeating pattern.
- Get out a spray bottle with water and spray water over a freshly painted field of color and enjoy watching it drip.
- Paint words. Or write words with a pencil. Let these be words that represent what you would like MORE of in the art that is your life.
- Rotate the canvas upside down or just one turn, horizontal to vertical.
- Totally change whatever music you are listening to! Upbeat to slower, etc.

NOW, just for fun, make a list in your head or in your journal about ALL the ways you can create more CONTRAST in the art that is your life.

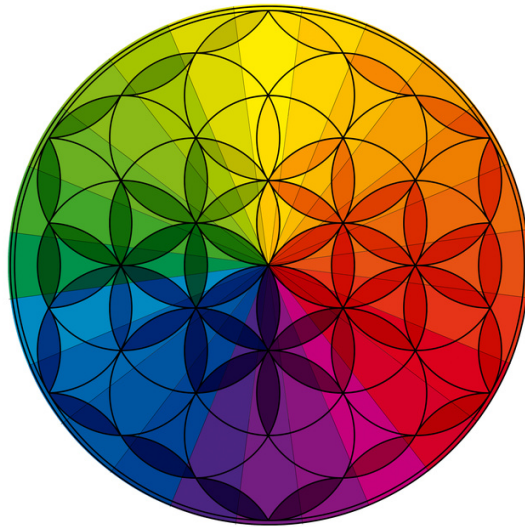
Comment in this lesson to share your musings. Your ideas to create contrast in your life may inspire another!

What would CONTRAST your dinner experience this week?

What would CONTRAST your morning experience this week?

What would CONTRAST your self-care practice this week?

Color Mixing



In this lesson, you are also learning to play with color and getting to know the full spectrum of colors available to you from the basics.

CONTRASTING colors are...

RED & GREEN

BLUE & ORANGE

YELLOW & PURPLE

As pictured in the image above.

Color Mixing...

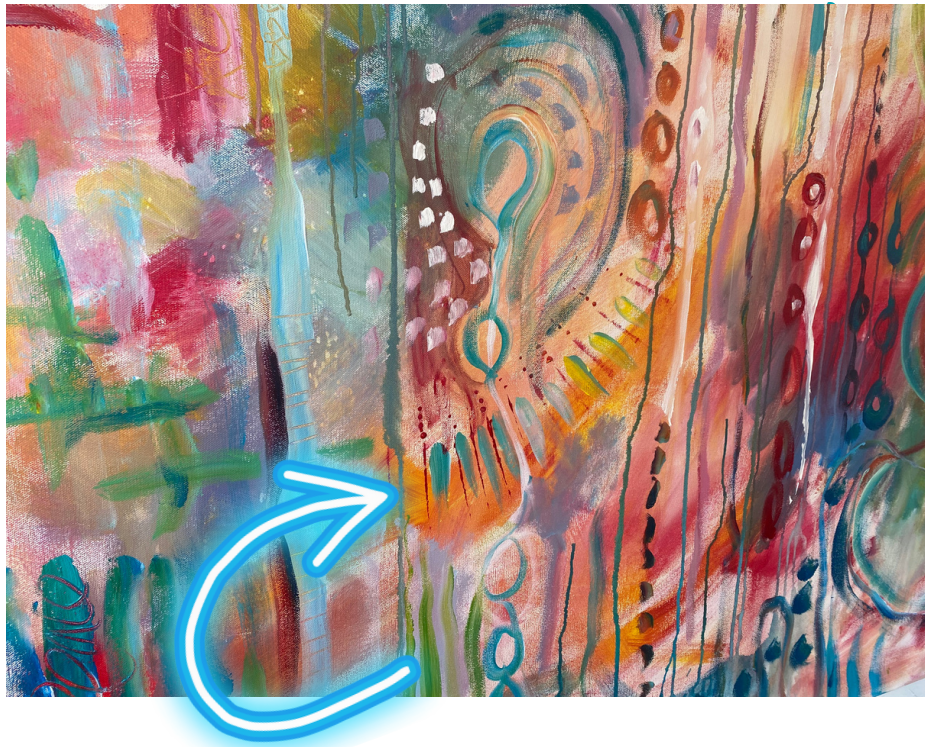
CONTRASTING colors have a unique relationship to each other.

- When painted next to each other they make themselves **STAND OUT!**
- When you mix a tiny bit of a contrasting color into its partner you get a dull or shaded version of that color. This is how you paint **SHADOW!**
- When you paint shadow, the space around the shadow color looks illuminated!



Looking at the image above, you can see the spaces that look grey or kind of “dirty.” That is where **CONTRASTING** colors mixed together.

Color Mixing...



Here are two ways to play with CONTRASTING colors.

- Paint contrasting colors next to each other to notice how it makes the colors stand out. See where the arrow is pointing in the image above? Notice how much more the BLUE paint stands out from the orange than the other colors?
- Add a tiny bit of contrasting color to a color you have just been using and paint that new shade over part of the previous color. It creates more depth & interest. I.e. if you have been painting with blue, add a tiny bit of orange (enough to see contrast) and paint this new shade of blue over part of the pure blue.

PLAY!



She is your muse!

See how she is painting with **CONTRASTING** colors, red & green? See how where the red and green have mixed together, the color is “muddy”? That’s shadow. It is also how you mix eARThy colors. Ok, back to **PLAY**

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PLAY!...

This painting practice is also a very effective way for you to nurture and expand the energy of playfulness within and around you.

Play is how we learn. When we play...

- *We are not in judgment.*
- *We're not being critical.*
- *We detach from the abundance of seriousness in life.*
- *We have immense duties and responsibilities, and they want to be contrasted with play.*
- *We are relaxed, not stressed, not worried.*

Maybe as you start painting, you don't feel playful.

You feel overwhelmed with all the options.

Give yourself a moment...

- *Look at the palette. What color appeals to you? Paint that!*
- *Change the brush size that you're using.*
- *Repeat colors, repeat shapes.*
- *Put the brush in your non-dominant hand. That definitely encourages the energy of play.*

This personal painting practice is about liberating yourself, creating space in your life that is full of possibility & free from have-to's, from the pressure to "be productive," and one in which you can immerse yourself in PLAY!

Your Painting Practice

Think of this like a yoga practice or a meditation practice.

You don't do either of those (super fun) activities to be a pro, an expert or to produce. You spend time in these practices because you know they are good for your overall well being.

You will be amazed!



Your approach to life will transform.

Your stress levels will decrease.

You will feel more RESILIENT.

You will look for what is possible, rather than what won't work.

You will feel MORE YOU!

If playing at the canvas, spilling colors, dripping, doodling has been challenging THAT IS GREAT!

It means this practice is CONTRASTING your "normal." THAT is why it is transformative.

Hang in there. Comment below. Ask for help. Reach out to your Creatively Fit Coach. YOU are painting to get to know yourself better. The shift will happen. Thank you for being CREATIVELY COURAGEOUS!