

# SELF-CARE



FOR

# CREATIVES

STAND UP TO YOUR BIGGEST CRITIC: YOU

06. Find a way to encourage someone else to love their own creativity. This is a creative activity in and of itself, and you'd be surprised at how happy you will feel with your creative side after you're done.

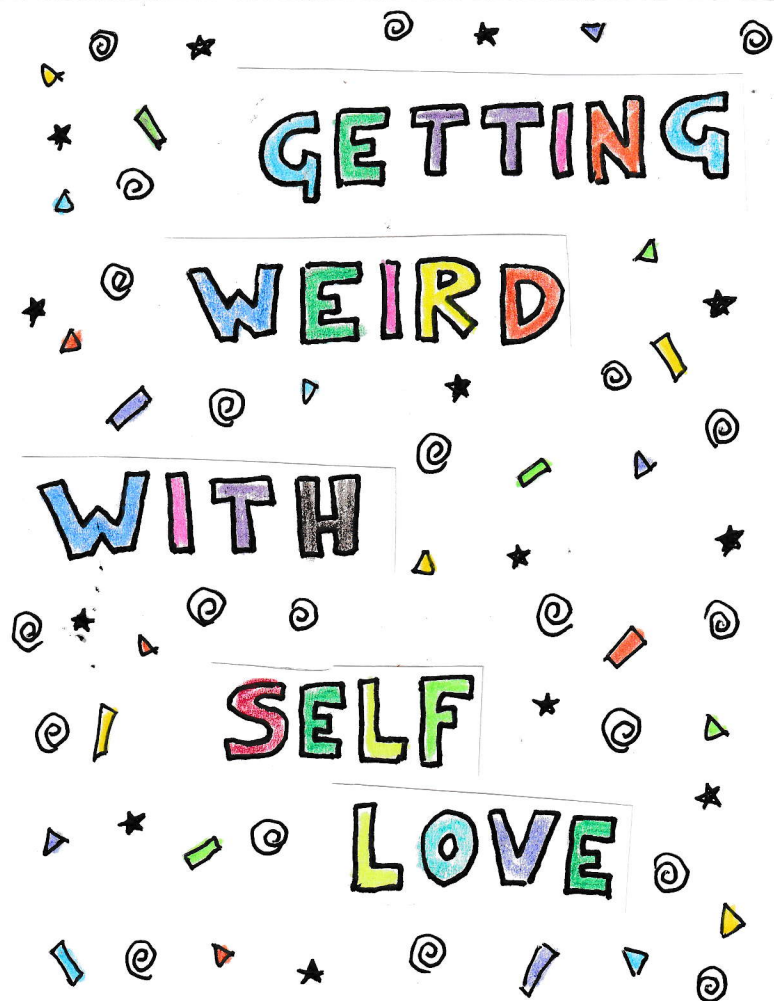
Creativity is everywhere, and as a citizen of this world, you're not only exposed to it constantly, but you're also given the opportunity to let it inspire you in whichever way makes the most sense for your needs. Don't be shy; let it all in!

SELF-CARE FOR CREATIVES, EDITION 1.1 ©2015

SUPPLEMENTARY MATERIALS AND EXERCISES

CAN BE FOUND AT [WHEREWEREWE.ORG/SELF-CARE](http://WHEREWEREWE.ORG/SELF-CARE)

\*ASKING FOR SUPPORT \*SETTING BOUNDARIES  
\*CREATIVE JEALOUSY \*CREATIVITY FOR INTROVERTS



# CREATIVE self love

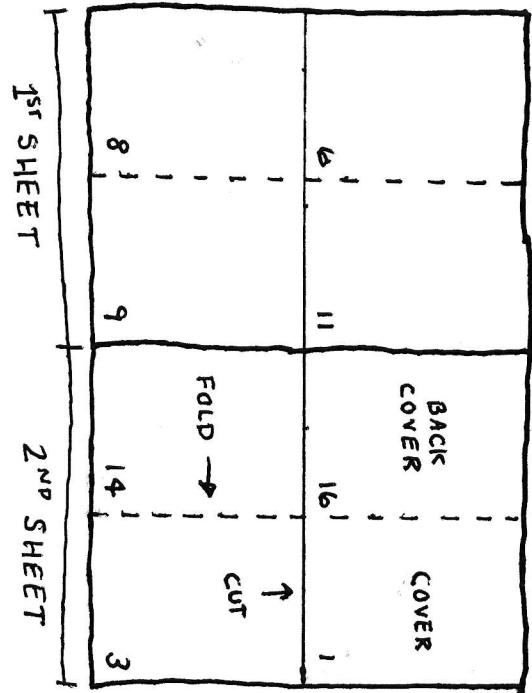
## WHAT IS IT AND WHY IS IT IMPORTANT?

NO DOUBT YOU HAVE SEEN SELF LOVE MOVEMENTS ONLINE, ESPECIALLY IF YOU ARE IMBUE IN THE BLOGGING WORLD. THE IDEA BEHIND THAT IS FANTASTIC AND ABSOLUTELY SOMETHING I SUGGEST YOU RESEARCH AND EMBRACE. WHETHER OR NOT SELF-CONFIDENCE IS AN ISSUE FOR YOU, SELF LOVE IS A WONDERFUL VALUE TO ADOPT.

CREATIVE SELF LOVE TAKES IT ONE STEP FURTHER—OR NARROWS THE IDEA, MAYBE. THERE ARE MANY AMAZING THINGS ABOUT YOU AND ONE OF THEM IS YOUR CREATIVITY. CREATIVE SELF LOVE FOCUSES ON THAT PART OF YOUR LIFE, AND INVOLVES EMBRACING YOUR CREATIVE QUALITIES AND HABITS + APPRECIATING YOURSELF AS A CREATIVE PERSON.

"Weird?" you might be asking. "Is it weird to list things you love about yourself?" Unfortunately, I think that in some ways it is considered weird, especially if the things you love go against the norm. I love that I'm more inspired offline, and that Pinterest and Instagram sometimes even drain my creative motivation. It keeps me from spending too much time online, which can be super distracting in very unproductive ways. I love that most of my zine ideas are geared to helping other people understand things about themselves. I may not be successful, but I love that I'm at least willing to try! I love that I don't have much of a style - it gives me the flexibility to create in experimental ways, rather than doing the same method every time. I think it's great to be able to look at something and know who made it because they have their own unique voice, but I like to change things frequently.

So, let's put this task to challenge. Write 3 things you love about yourself that perhaps someone you know thinks is weird. They might be things you hide or that you feel brave about flaunting! Find three and cherish them.



16-PAGE ZINE

ways that you can accomplish them. Write down the kinds of things your critic is telling you you're bad at, and then for each of those bullet points, write three things you like about how you do them. Use this formula for anything else your critic is claiming!

04. Do any of the self love challenges from this zine. Write a list that details why you love your creativity. Except this time, write each bullet on an index card. Bind them into a small booklet that you can reference when your inner critic is too harsh. Keep it handy near your create space for when you need motivation!

05. Create intentionally. This doesn't always apply, I know. Sometimes we need to make something just to be in the act of creation, and that's fine too! Sometimes, though, challenge yourself to create with purpose. Just put everything you've got into it! Be clear with yourself about the purpose and design of the creation that has your focus. This is a great exercise to fall back on when your art has felt empty lately.

# 6 ACTIVITIES to try

01. Reflect on any creative activity you've just completed, and write (or illustrate) a list of things that made you feel good. Did you love the process more than the product? Do you absolutely adore what you've made? This is just for you, so don't be embarrassed by what you have to say.

02. Identify what your creative dreams are. This could range anywhere from learning calligraphy to starting a creative business. Figure out what the first step is to accomplish one of your dreams, then go out and do it! Accept and embrace your dreams because they are worthy.

03. Listen to your inner critic. She/he can be very harsh! Write down all the kinds of things your critic is telling you you can't do. For each of those bullet points, write 3

# appreciate YOURSELF

Here I am providing several creative self love prompts. Bring out your creativity in whatever forms you choose! You can make an art journal, write a reflection piece, draw, make postcards or mail art, make a self love zine of your own, keep a blog, etc. This is not in any way restrictive - create naturally and authentically!

Reflect on what each prompt means to you and your creative life, and then make/write/do whatever results. Go as many or as few as you would like. Let your creativity take its own course - see where inspiration sparks!

# LIVE *by* EXAMPLE

SINCE I'VE CHALLENGED YOU, HERE ARE A FEW BULLETS ON MY LIST:

- ★ I FINISH PROJECTS MORE OFTEN THAN NOT.
- ★ EVERY TIME I SIT DOWN WITH ACRYLICS, I CREATE SOMETHING I CAN'T STOP LOOKING AT.
- ★ I SEE A POTENTIAL PROJECT IN ALMOST EVERYTHING.
- ★ WHEN I PUT MY MIND TO IT, I MAKE LOVELY MAIL ART.
- ★ I AM GETTING MORE COMFORTABLE WITH MAKING ZINES PRETTY.
- ★ I AM STILL LEARNING!
- ★ I AM WILLING TO SET ASIDE TIME FOR CREATIVITY.
- ★ I TAKE CRITICISM FAIRLY WELL.

I SEE INSPIRATION EVERYWHERE I GO.

MY FAVORITE CREATION IS \_\_\_\_\_. I LOVE THAT I MADE THIS.

I AM CREATIVE IN MANY WAYS.

I'M STILL LEARNING.

I MAKE WHAT I WANT TO MAKE.

I HAVE MY OWN VOICE/STYLE.

I SEE THE BEAUTY AND THE BEAST IN MY CREATIVE SIDE.

SOMETIMES I AM UNCERTAIN, AND THAT'S OKAY.

I ENCOURAGE OTHERS IN THEIR CREATIVITY.

I CREATE THINGS FOR MYSELF THAT NO ONE ELSE SEES.

I CREATE AMAZING THINGS.

CRITICISM IS NOT A REFLECTION OF WHO I AM.

I HAVE LOTS OF IDEAS.

I ACCEPT THAT MY FIRST TRY ISN'T ALWAYS MY BEST TRY, AND THAT I CAN TRY AS MANY TIMES AS I WANT!

I AM BRAVE WITH MY CREATIVITY.

I FREE MY HEART!

I PAY ATTENTION.

I DON'T GIVE UP.

I USE ALL THE RESOURCES I HAVE AVAILABLE TO ME.

SOMETIMES I MAKE WEIRD THINGS.

I AM DIFFERENT FROM CREATIVE PEOPLE I KNOW.

I BALANCE MY LIFE WELL AND MAKE TIME FOR MY CREATIVITY.

I KNOW WHEN TO TAKE A DAY OFF (OR A WEEK OR A MONTH).

I LET OTHERS SEE MY ART.

I CAN LET GO OF THINGS I'VE MADE AND DO NOT LIKE.

I AM OPEN TO NEW EXPERIENCES AND I LET THEM INFLUENCE MY IDEAS.

I AM MY OWN ADVOCATE.

I AM OPEN TO DO-OVERS, EVEN AFTER MONTHS HAVE PASSED.

# DO IT YOURSELF

Not a fan of prompts? Here are some other ideas to help you declare your creative self love.

THINGS YOU LOVE THAT COME NATURAL TO YOU.

THINGS YOU'VE LEARNED OVER THE YEARS ABOUT YOUR CREATIVE PROCESS.

SPECIFIC PROJECTS YOU'VE COMPLETED.

WHAT BEING CREATIVE HAS TAUGHT YOU ABOUT WHO YOU ARE.

HOW CREATIVITY PRESENTS IN YOUR EVERYDAY LIFE.

MY CREATIVE MOTIVATION IS CONTAGIOUS.

I KNOW WHERE I CAN FIND INSPIRATION.

I TRY TO INSPIRE OTHERS AS BEST AS I AM ABLE.

I CONFRONT MY NEGATIVE THOUGHTS IF I CATCH MYSELF HAVING THEM.

I AM MINDFUL WHEN I CREATE.

I AM AUTHENTIC IN MY ART.

I EXPRESS MYSELF CLEARLY.

I ENJOY BEING CREATIVE.

I LOVE WHAT I DO.