

**ERSHRED**™

MINDSET

# CREATIVITY



WRITTEN BY CRYSTAL ESCOBAR





## MARCH MINDSET

ER SHRED

Why creativity as a MINDSET call topic?  
When we hear the word creative, we often think of artsy people who spend their days painting or writing songs and poetry. But creativity is one of THE most powerful energies we can access.

This energy is not just for the people who we deem as creatives, but it's available to ALL of us. Not for the sole purpose of creating art per se, but it can be used in our every day lives for creative problem solving, innovative ways of extracting what we want out of life, and contributing to the collective evolution of the universe.

*Crystal Escobar*



If your dominant intent is to feel joy while you are doing the work, your triad of intentions—freedom, growth and joy—will come quickly and easily into alignment. See your “career” as one of creating a joyful life experience. You are not a creator of things or a regurgitator of what someone else has created or a gatherer of stuff. *You are a creator, and the subject of your creation is your joyful life experience. That is your mission. That is your quest. That is why you are here.*

*Esther Hicks*



**“There is no doubt that creativity is the most important human resource of all. Without creativity, there would be no progress, and we would be forever repeating the same patterns.”**

**Edward de Bono**

# QUESTIONS ARE AT THE ROOT OF INNOVATION



WHAT IS  
BOTHERING YOU?

HOW DO YOU WANT  
TODAY TO GO?

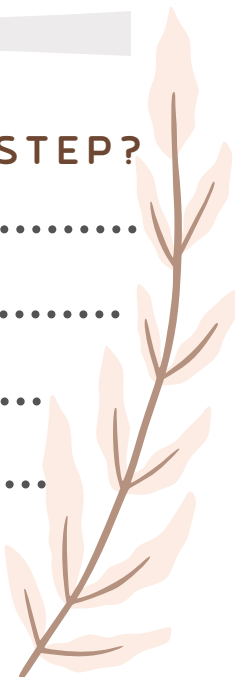
WHAT QUESTIONS  
DO YOU HAVE  
ABOUT YOUR LIFE?

WHAT DO YOU WANT?

WHO DO YOU WANNA BE?



WHAT'S THE NEXT STEP?



WHAT'S HOLDING YOU BACK?

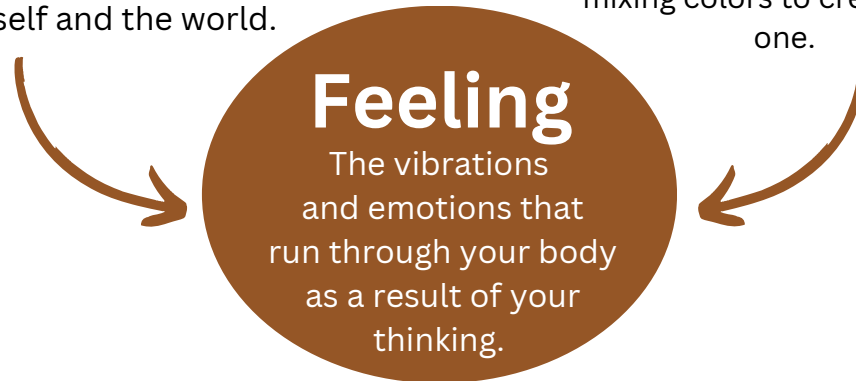
# EMOTION IS THE BODY'S REACTION TO THE MIND

## VISUALIZATION

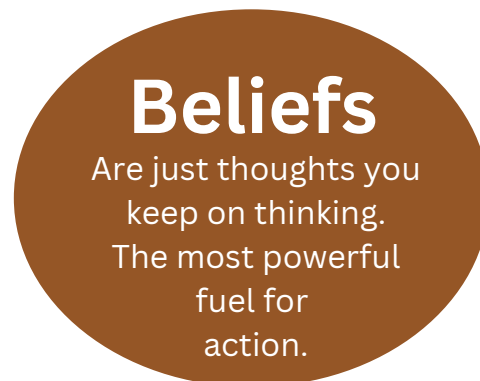
Using the human brain, knowledge, life experience, inherited beliefs, current view of yourself and the world.

## IMAGINATION

Using the mind, infinite possibilities, the unknown or combining already existing ideas, like mixing colors to create a new one.



**REPROGRAM YOUR MIND BY TURNING  
THOUGHTS INTO BELIEFS**



**HOW DO YOU BELIEVE SOMETHING  
YOU'VE NEVER SEEN?  
BY IMAGINING IT REPEATEDLY.**

# Spark Your Inner Creator

*It's up to Me in 2023*

Month \_\_\_\_\_

Choose 3 from this list to focus on for the month

- Cold Plunge
- Thought Download
- Imagination Meditation
- Get outside in nature
- Create something
- Visualize

Detailed Goal

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Detailed Goal

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Detailed Goal

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**What problem do you have?**

**What are some creative solutions?**

**What problem do you have?**

**What are some creative solutions?**

**What problem do you have?**

**What are some creative solutions?**

**What problem do you have?**

**What are some creative solutions?**





# Make a list

Brain storm all the steps you can think of to get started towards what it is you want.

Don't worry about ALL the steps, just the ones you can think of NOW.

Once you tackle this list you'll be able to see the next list of actions you need to make.

## TO-DO'S

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## TOP 3 TASKS

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

IF IT ISN'T IN  
YOUR CALENDAR  
IT DOESN'T  
EXIST...

YOUR CALENDAR  
IS YOUR  
STRATEGY

Now decide WHEN you will begin working on this list.

How often?

How much time per day, per week, per month.

