

Wannabe Balanced
Life Coaching

CREATIVITY



by: Crystal Escobar



WANNABE CREATIVE?

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

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“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?

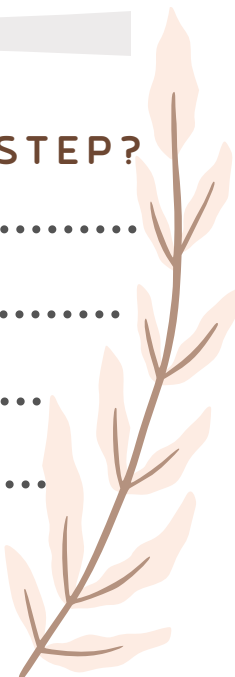
WHAT QUESTIONS
DO YOU HAVE
ABOUT YOUR LIFE?

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

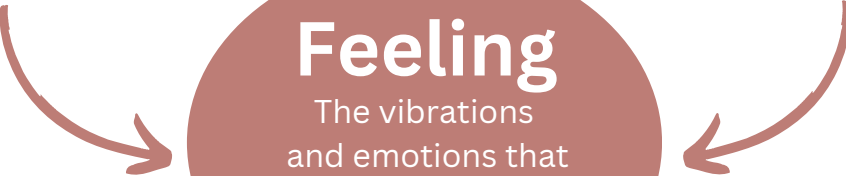
Using the human brain, knowledge, life experience, inherited beliefs, current view of yourself and the world.

IMAGINATION

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

Feeling

The vibrations and emotions that run through your body as a result of your thinking.



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

Beliefs

Are just thoughts you keep on thinking.
The most powerful fuel for action.



**HOW DO YOU BELIEVE YOU CAN CREATE
SOMETHING YOU'VE NEVER CREATED BEFORE?
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
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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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 create 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.

Crystal Escobar

*Author, Teacher, Healer
& Mindset Coach*

Often times we are unable to recognize why we keep repeating the same unhealthy patterns.

Our unprocessed emotions and unhealed trauma from our past can sometimes manifest themselves through physical symptoms in the body.

Skin rashes and irritation, brain fog, digestive issues, and pain in the body.



HOW MANY STATEMENTS APPLY TO YOU?

- ✓ don't know why my health is declining...
- ✓ I don't know where to go in life...
- ✓ I don't know how to maintain my health and weight, I always end up sabotaging my results...
- ✓ I don't have anyone to talk to about my inner most struggles...
- ✓ Some things have got to change but I don't know where to start...
- ✓ I just need sound advice from an outsiders perspective
- ✓ I'm addicted to_____ and don't know how to stop...
- ✓ I feel a lot of stress, anxiety, and overwhelm...

SERVICE PACKAGE PRICE LIST

1 HOUR

\$55

- 1 hour session for quick insight into an issue

TUNE UP

\$144

- 3 one hour sessions
- Personalized EFT Tapping Script
- Personalized Journal Prompts

DEEP DIVE

\$444

- 11 one hour sessions
- Personalized EFT Tapping Script
- Personalized Workbook