



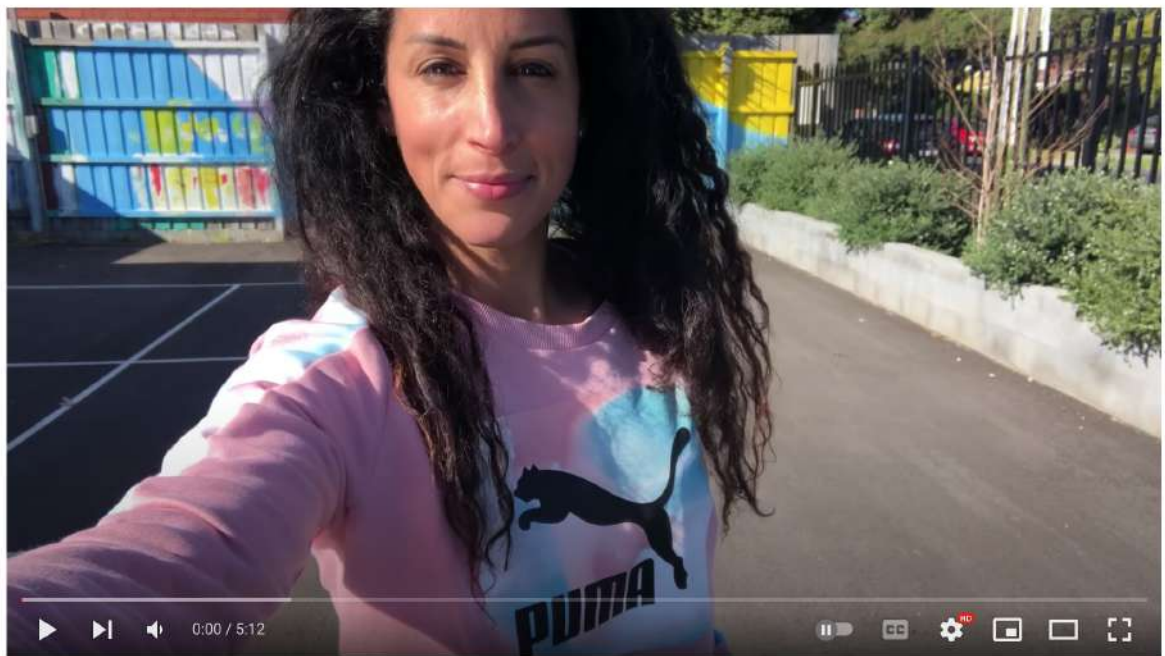
Module 6, Day 1
Creative Confidence
Bergen | 14. June 2023



Jerusalema Time!!!










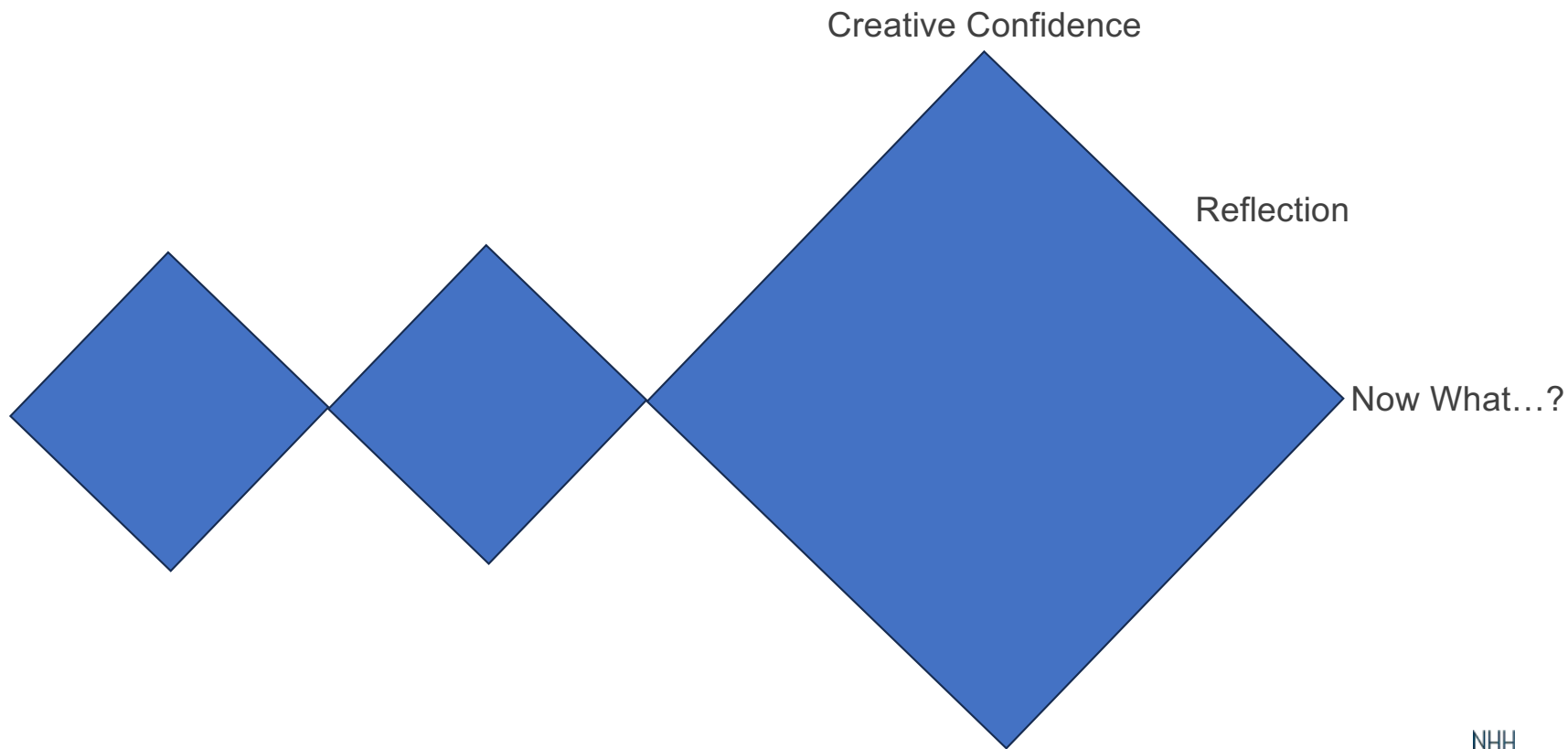
Breakdown of Zumba Steps
Jerusalema Dance Steps Breakdown; tutorial for beginners

 **Keren Zumba**
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Creativity?

Dictionary

Definitions from [Oxford Languages](#) · [Learn more](#)

creativity

noun

?

the use of imagination or **original ideas** to create something; inventiveness.
"firms are keen to encourage creativity"

Today is *not* about creativity

Today is about *creation*





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Ros THESE
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PRACADEMY

Dictionary

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creation

noun

1. the action or process of bringing something into existence.
"creation of a coalition government"



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🔍 Find a Therapist (City or Postcode)



Pamela Gerloff

The Possibility Paradigm

You're Not Laughing Enough, and That's No Joke

Can you get your daily count into the healthy hundreds?

Posted June 21, 2011 | ❤️ Reviewed by Jessica Schrader



The average 4-year-old laughs 300 times a day. The average 40-year-old? Only four.

Pics of the Act of Creation

Find 10 favorite pictures that show you in an act of creation of any kind. And add them to a folder.

Spend 15 minutes browsing through your chosen pictures.

Journal:

What do you notice about your demeanor, gestures, and body language in these pictures – if anything?

Do you remember how you were feeling at the moment the pictures were taken?

Can you bring back those feelings now?

Describe these feelings in as much detail as possible.

Not all acts of creation are created equal – what makes these chosen ones in particular different to others?

What is it about these moments in the pictures that set them apart from others in your life?

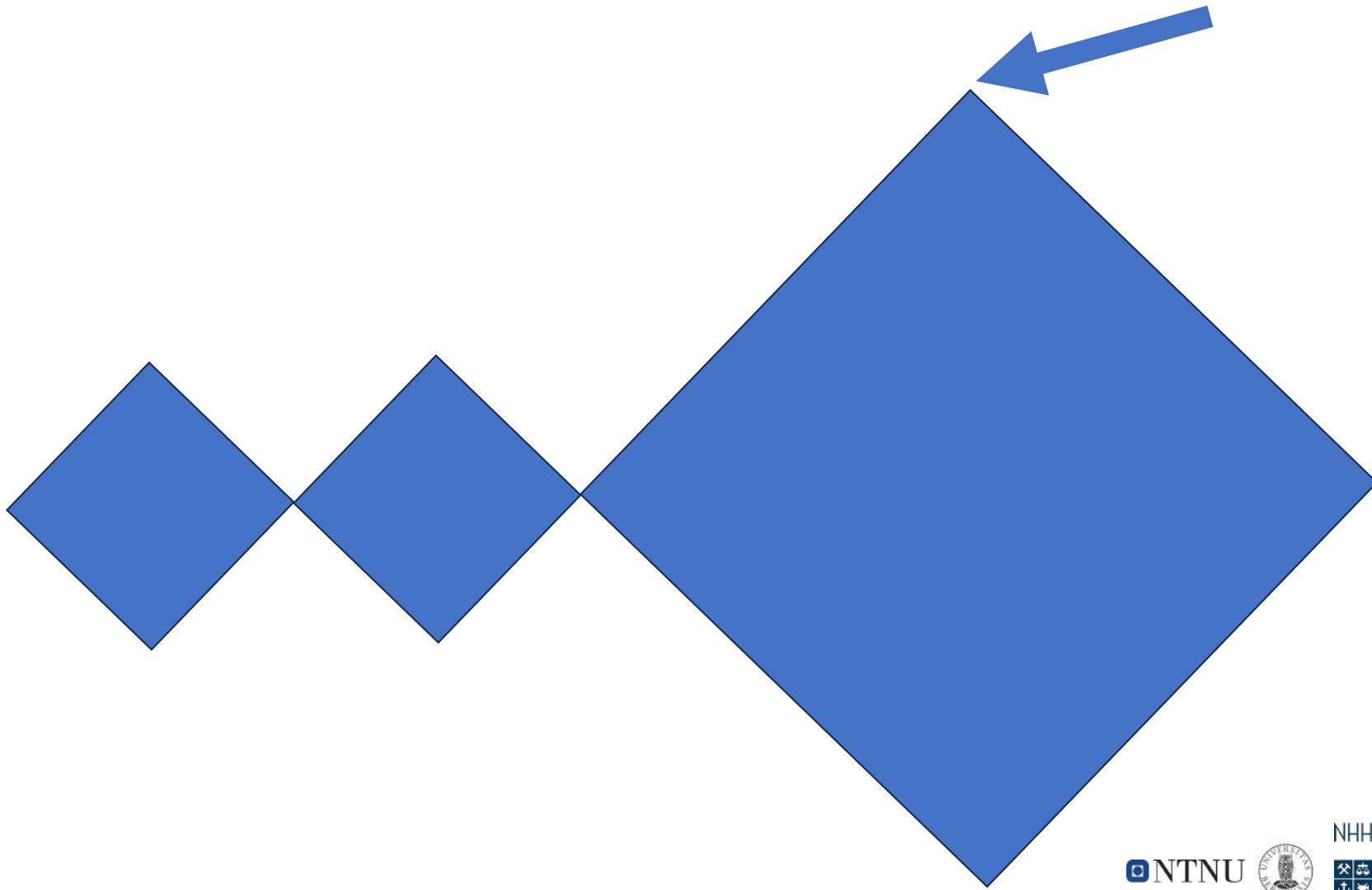
Who else is in these pictures?

What do you seem to be sharing with those people during these acts of creation?

What is your connection with them like at that moment?

Do you seem to be more inclined towards acts of creation in certain areas of your life and not others?

In what other areas of your life can you bring to bear more acts of creation?



Values → Meaning → Creative Purpose

Values Exploration

Think of three people you deeply admire. Living or deceased. Visualize them in their characteristic acts of creation. What is it about these people and these acts of creation that you value? What particular traits or attributes do you admire in them? Why?

Values Exploration

1. Write down ten of these traits on a list

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2. Pick the one that is least important to you (30 sec.) and scratch it out

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Journal (8 min.)

1. What do you feel about the values you ended up with? Were they expected, did they surprise you?
2. How do these values show themselves in your everyday life? Do they at all?
3. What acts of creation do you already take to live by them?
4. What acts of creation would you like to take to live by them more closely?

Your Living Funeral

Imagine that you are at the end of a long and rich life. You've accomplished everything you wanted, behaving honorably and building meaningful connections with your family, friends, and colleagues. **You are proud of yourself for having engaged in acts of creation that helped others lead better lives.** You've done your work here and you feel ready to go. So when you learn that your days are numbered, you take the news in stride.

The people you've impacted through your acts of creation want to pay their respects. They want to thank you for the contribution you've made to their lives, so they organize a 'living funeral.' In the ceremony, a dear friend will stand in front of the audience and read your 'living eulogy'.

Write the eulogy that you would like your friend to give.

Creative Purpose



A central aim that motivates intention to dedicate resources (energy) in particular directions and towards particular goals of creation.

My creative purpose:

“To offer my daughter continuous opportunities for deep personal and spiritual growth; my wife an environment of love, safety, stability, and joy; my students an unflinching sense of self mastery; and my friends unconditional support and compassion.”

