



FUEL YOUR ESSENCE WITH CREATIVE PLAY & SOUL GUIDANCE

7 WEEK INTUITIVE CREATIVE ADVENTURE

JOURNEY 7

Essence Surf Boarding

 **Watch Introduction Video:** <http://youtu.be/oQjUVxoUI3Y>

To finish our glorious adventure it's time to gather all the goodies we have found along the way, to celebrate and bring them home to nurture our essence, breathe and to feel into what the creative wave wants to birth next. I've put together some questions in this worksheet to help you feel your beautiful essence and core qualities.

1. If you look at all of your creations you manifested during this intuitive creative adventure, are there any repeating symbols, feelings, patterns, longings, questions? Write down what they are.

2. Did any of the journeys spark you to explore more or reminded you to incorporate this into your life or business - perhaps inspired a new creative project to take action on? What was it and what is your inspired action?

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3. What would you say are your core qualities?

(f.e. creative, tender, fun loving, sensitive to injustice, clear, sensual, deep understanding, compassionate, empathic, strong spiritual connection, strong sense of purpose of life, intuitive, seeking to bring spiritual into matter, imaginative, rich fantasy, very articulate, natural teacher, intelligent, interested in many things, open-hearted, understanding suffering, persistent, integrity, straightforward, good at managing complicated projects, sensitive to power/control issues, sweet, tender heart, loving, passionate, adventurous, freedom loving, committed, enduring, sense of beauty, sense of order, caring... etc.)

4. What is your passion how do you express it?

5. What are you doing when you forget about time?

6. What did you love to do as a child?

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7. How do you express your child's passion / essence in your adult life?

8. What is important, deeply meaningful for/ to you, what are your values?

9. If you had unlimited money what would you love to experience?

10. What stops you from fully expressing your essence now?

For example: Believe it is only valuable if it is marketable. Fear of being seen and judged, fear to shine out others etc.

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11. What challenges are you currently facing in your life?

12. How could you use your essence to help you move through these challenges?

13. How could you practice expressing your essence creatively?

(List as many ways as you can think of. For example: creating outfits, preparing meals, creating playlists, draw, organizing parties, listening to a friend, creating a vision board, dancing, singing, reading a book, having sex, imagining magical worlds, writing poetry or stories etc.)

14. How can you make sure you include what is important to you and your creative essence in your schedule?

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15. What is something fun you can include in your daily life?

16. Pick your most important 5 essence keywords from all the reflections above and list them here.

17. Create a Collage or Pinterest Board collecting images that remind you of your **essence, core qualities, feelings, things, projects** you love to experience. Include things like your favorite **colors, symbols, power animals, music pieces, environments** like landscapes, cities etc. that remind you of a specific quality or nurture your spirit as well as **things that inspire you**, perhaps artwork, photographs of certain people, books, etc.

CREATIVE TOOL 7 - »ESSENCE SURF BOARD«

★ **Purpose:**

- Connect more with your creative essence
- Get more into the feeling of your essence with the help of images
- Nurture and expand your essence to support your divine aligned creations
- Find ways how to translate your essence into images to become more visible
- Clarify your vision and imagination of what like to create more of
- Nurture more joy and self love
- Clarity of what is important to you
- Help you build a personal brand if you running your own business
- Manifestation Support through visualization

★ **Here is how you get started on Pinterest.com**

- Create a Pinterest account here if you haven't yet. It's free.
- In the search bar you can look for certain keywords (from your list) to look for essence images.
- Mouse over an image (pin) and click the "Pin it" button. It will give you an option to create a board first and then pin that image to it. You can write a new description in the space to remind yourself what this image reminds you of in terms of your essence.
- Create a board called "My Essence" to pin your essence pictures and perhaps if you want also create one for your next creative project, for example "New Book", "Website", "New Program" ...
- You can follow certain boards of people with a similar themes, keywords (like "flowers" etc.) or you can follow all boards of a specific person. (*You can start following my boards at www.pinterest.com/lifesparklinks and click "Follow all"*) Every time this person will pin a new picture it will show on your pinterest home site from now on. This way you have a feed of images that are already preselected according to who you follow or what keywords you follow.
- Pick pictures you resonate with to repin them on your boards. Just click "Pin it" and assign a board to it.
- You can also pin pictures when you surf the web either the website offers you a "pin it" button or you can integrate a "Pin It" Button in your web browser. (Details you will find here) Note:
- Share the link to your Pinterest Essence Board in the FB Group.

Have fun and shine on, you crazy diamond!!