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## Try this exercise to remember the creator inside of you:

1. Get a box of crayons (any size, but I like the huge one with all the colors), and some blank paper, bigger the better.
2. Find a quiet place where you won't be bothered for at least 15 minutes, 30 if you can.
3. Close your eyes and open the box of crayons right under your nose. Let your mind go back to the places the smell takes you. Sit with those thoughts for a minute and let them pop up in you. No matter what they are, bad or good, let them come.
4. Begin to search for moments that you felt ok about your creativity. When you could color and draw whatever you wanted and be happy with your pictures. Zero in on one of those moments and really feel it. Rehearse it in your mind.
5. Remember as much as you can about that moment. Where you were, who else was there, what you were wearing. start pulling the crayons with colors you remember. Look at the names of the crayons and say them out loud. They are kinda like old friends.
6. Take the crayons and start coloring the paper in front of you. No fair using coloring books, just blank pages for you to be the creator.
7. When you hear the words, "Oh my gosh. I am the worst at this." or "I can't draw." or "I don't know what to do." or "I am just not creative." Please, please, please don't listen. Find that memory and go with it. Just start putting color on the paper.
8. Your mind will try to stop you and tell you how stupid this is. What if it is stupid? What if nothing happens but you have a page of colors that form a stupid picture? So what.
9. Finish your picture and hang it on the wall. Look at it and remember how you felt when you were letting that creator out with no judgment.

Let this exercise remind you that we all come here with that piece of God in you. Creativity. We have it, it's in there, remember it. I know you have felt it before, get back in touch.

**Ready to bring more beauty into the journey of your life?** I would be happy to connect with you for a complimentary Awaken Your Inner Beauty Call. On this call you can share with me the changes you would like to make in your home and your life. We will come up with some simple, creative solutions to discover the next steps to uncover your beauty and the creative heart inside you. Please email me at [cindy@spacesyoulove.com](mailto:cindy@spacesyoulove.com) to set up a time for us to connect.