



WEEK THREE



what is your why?

WEEK THREE: FIGURING OUT YOUR WHYS?

*"If you know your 'why's',
the 'how's' become possible"*

~ Jillian Michaels

This week I want to focus on your 'whys'.

Why do you want to be creative everyday?
Why did you join this workshop?
Why do you want to discover your Creative Squeak?
Why did you buy your notebook?
What *is* your why?

You may ask why knowing your whys are so important to your creative journey?

I believe that if you really know your soul deep whys, why you want to achieve anything you want, but in this instance being creative everyday, the how's, (by which I mean 'how' you are actually going to begin a creative habit), become reachable and achievable and you are less like to sabotage yourself.

And in those harder moments, moments where the excuses start to pop up and self-sabotage is likely to happen I believe your 'whys' will help get you through those moments.

Thinking back over you life, has there been a moment when you achieved something that seemed absolutely huge and amazing at the time, or perhaps people told you that you couldn't achieve something? And now looking back do you ever still feel amazed that you did it?

You probably didn't realise at the time, but I bet you had a why that was so deep and so strong that it helped in the moments of frustration and doubt.

When I was 27 I was working in a market research company. It was a job that I initially liked, enjoyed even, but it wasn't a passion it was just a job.

When office politics came into play, I was moved from my job that I liked, into a position I had no choice about, that I had no training for and absolutely zero support. And then I was given an impossible project to complete, (again with no training or support), and when I failed my project, I was berated, called useless and generally set up to fail.

Every morning I felt sick before work, I had insomnia and migraines were a common occurrence, and because I worked for a family member, I felt I couldn't simply leave or move to another company in the market research industry. For me it just felt too hard.

That summer I had three weeks holiday and they were the best three weeks holidays. I went to the beach everyday, I read in my hammock, I ate yummy food. Not once did I have a migraine!

The morning I went back to work, I felt sick again and I had a migraine by the time I came home, and so after a week of dreaming of a better life I came home and told Mac we were going overseas for a year. And gorgeous soul that he is - he said OK.



Now you may wonder what this story has to do with discovering your creative squeak! So the reason I am telling you this story is this:

Over the next year so many people told us that we were crazy, that we would never save up the money to go overseas. We were so broke because every spare dollar was in our 'Liberate Kirstin from her job' fund. (This is literally what we called it) Two-minute noodles were a main meal, we rarely went out with our friends,

we didn't do birthday or Christmas presents and we lived with my two brothers and OMG they were such pigs!

And there were moments where I would think this is crazy, why am I doing this, and if I have one more packet of two-minute noodles....

But looking back I realised that I had a why that was so deep and strong and true that it kept me going. In those moments doubt, of not really believing we could or even should, it was what got us on a plane.

My why was this: My job was slowly destroying my soul and I hated it and I hated my life. My job was literally making me sick from anxiety and stress. And to preserve my familial relationship it was essential I leave.

A year to the day that I came home and said to Mac "lets go overseas" our tickets were booked. Six months later we were on a plane. Best decision ever!

SO BACK TO DISCOVERING YOUR CREATIVE SQUEAK! What is your why? Why did you join this workshop? Why did you purchase your notebook? Why do you want encourage your Creative Squeak?

Why? (Yes I know I totally sound like a three year old at the moment!)

But remember, I believe this is essential to your creative journey.

Figuring out your why is just another weapon in your arsenal, another tool to help you reach your goal of being creative.

So let me ask you once more:

What is your why?



3.1 REFLECTION: What is your Soul Deep Why?

Time: 5 - 10 minutes

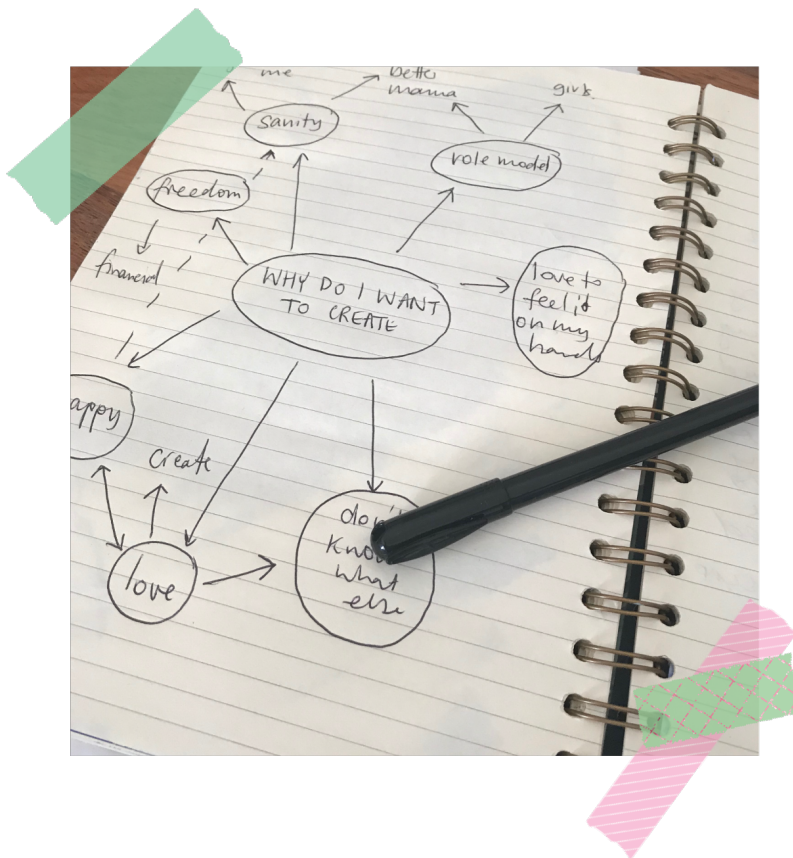
Equipment: Your creative squeak notebook
a pen.

Find a comfy spot; grab your notebook and a pen.

Remember if you want you can set a timer for 5 to 10 minutes.

PART ONE:

Using your preferred journaling method - write down 4 or 5 reasons why you want to invite creativity into your everyday. (By the way if you have twenty reasons that's awesome - don't be limited by my suggestion)



REMEMBER: DO NOT OVER THINK THIS. Just write what comes to mind first.

Next I want you to do a deep dive into your reasons for being creative.

PART TWO:

This next part is called the 'five' whys. For each of your reasons that you wrote down in part one I want you to dig a little deeper.

Write your first 'WHY' on a fresh page. Read it and think about it and again ask why? Why did you write that reason down? Why is it so important? Why?

Write down the answer.

Next thinking about the first and second answers again ask yourself why? Why did you write those reasons down? Why are they so important? Why?

Write that answer down.

For five times in total, ask yourself why writing down the reasons.

Five times should be enough, however if you feel there is more please keep asking until you reach the real answer.

MY WHY

Here is one of my answers to this question

1. Why do I want to discover my creative squeak?

“BECAUSE I WANTED TO MAKE SURE BEAN KNOWS SHE COULD BE ANYTHING SHE WANTS TO BE”

2. *why?*

Because just because she is a girl doesn't mean that she can't be what ever she wanted to be

3. *why?*

Because when I wanted to be a jockey and I was told I would be too tall I was upset. But when I was told I wasn't good enough to be an artist I was destroyed and I don't want her to have to feel like that ever.

3. *why?*

It is important for me for her to be anything, but it is more important that I show her that she can be anything she wants. She will learn more from me showing her that I am living my 'anything I want' life than she will if just tell her and continue to pretend my dreams don't count

4. *why?*

I need to be a parent who shows my children that finding our dreams are hard work, determination and a hell of a lot of joy.

5. *why?*

Because I need to be happy. I do not want to be a bitter and twisted old lady filled with regrets. I would rather try and fail, that lay dying wishing I could change something.

3.2 ACTION: What is your Soul Deep Why?

Time: 10 minutes

Equipment: Your creative squeak notebook + a pen.

Read over your whys now that you have finished listing each one. For each why read it and pause. Think about each why and how they make you feel.

Nervous, excited, worried, scared, content or like shouting yes?

Circle key words: highlighting any words that really resonate with you.

My Soul Why? It ended up being a combination of a few whys which settled the humming birds in my heart, that made me smile and that made me nod my head yes!

So tear a page out of your notebook and right those words down.

Now craft them into an affirmation.

Start with the words: CREATIVITY MAKES ME/ MY and go from there.

Little Bitch Buster

Feeling frustrated because you can't quite figure out your soul deep why? Don't stress about it. Do the initial work and let it mull over in your head for a couple of days. If the answer hasn't popped up by then, maybe you haven't quite settled on the right whys. Try the exercise again and see if something different resonates better.

Still stuck? Feel free to message me and I will try and help you figure out your soul deep why!

3.3 ACTION: Collecting Inspiration

Time: 5 minutes

Equipment: Your creative squeak notebook, glue and An envelope.

Now that you are becoming used to our notebooks, I would love for it to become an inspiration hub for you.

During this journey feel free to collect images, cards, anything that inspires you to be creative everyday and glue them into your notebook.

If you have them in your home, you could glue an envelope or a plastic sleeve into your book to make collecting simpler. At the end of this ten weeks, I want this notebook to be something that you can refer to for inspiration, this exercise will help with that!



3.4 Fun: Making sure you 'WHY' stands out.

Time: 10 minutes

Equipment: Your creative squeak notebook, paint, a marker and other decorative items if desired.

Open your notebook to the very first page. YAH! We are using our first page! ;)

Choose a colour of paint that you like, (I would suggest a lighter color) plop a few dollops onto your page. Using your fingers, an old credit/store card, a cotton bud, a sponge or brush, smooch your paint around the page.

Don't worry about making a mess. This is fun!

Set it aside to dry.

Once your page has dried grab your sharpie/ marker and in big bold lettering write down your Soul Deep Why.

Feel free to use a pretty lettering that you like or just print it and decorate the page however you want. Use what ever you have laying around - glitter, gel pens, stickers, color pencils, etc. and make it stand out.



Little Bitch Buster

If in the coming weeks, if the doubt creeps in - if your little bitch starts to make you think this is a crazy idea, open your notebook to this page, read your soul deep why and quietly reflect over it.

Let the words seep in, feel the feelings it inspires, take the inspiration it creates and leap back in

Write on several post it notes and pop them places you will see them regularly: On your computer, on the bathroom mirror, the fridge etc.

Remember you are not crazy or selfish for wanting this and being creative everyday is NOT a stupid idea!

3.5 Fun: Doodle some more!

Time: 5 minutes

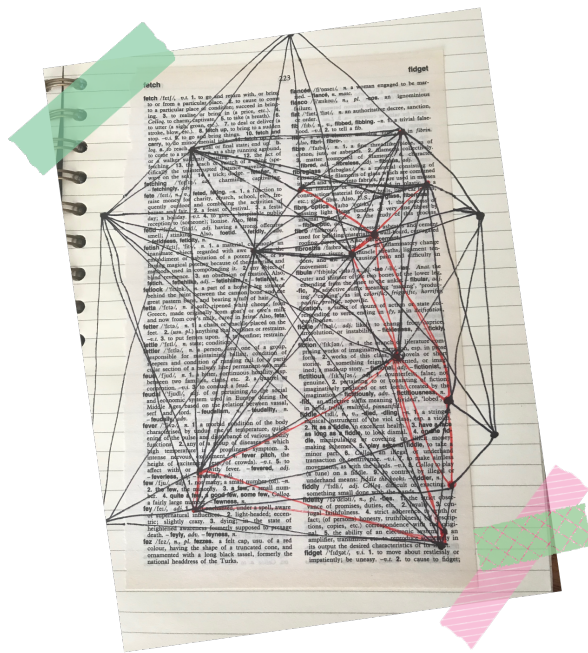
Equipment: Your creative squeak notebook, pen,
A page from an old book

This is a fun doodling exercise that I really loved doing when I had five minutes to spare.

If you have an old book lying around rip out a page filled with writing. (Or feel like going to the charity shop and picking one up feel free but you can also use the squares at the end of these notes.)

Glue the page into your notebook.

Pick a word. Any word is fine, however it should be used relatively frequently. On your chosen word draw a little dot with your pen. Do this every time you find your word in the text.



Once you have gone through the text start joining the dots up with lines.

You are not limited to the space of your selected book page with your lines; feel free to take your lines outside the book page onto your notebook.

Keep going until the dots are all joined in some fashion.

You can leave it like this, or you can add some colours or patterns to it.

PLEASE NOTE: Dictionary pages are amazing to use but be aware that the word 'a' is used a lot!! ;)

Did you enjoy figuring out your soul deep why? Or did you find it an arduous task? Feel free to let me know what you think so far, what you've liked, not liked, struggled with or really enjoyed!

Next week I we are going to talk about our habits and how we can make a creative one that we enjoy adding to our everyday.



YOUR BOOK SQUARES

they began moving about again, and Alice heard the Rabbit say, "A barrowful will do, to begin with."

"A barrowful of *what?*" thought Alice. But she had no time to doubt, for the next moment a shower of little pebbles came rattling in at the window, and some of them hit her in the face. "I'll put a stop to this," she said to herself and shouted out, "You'd better not do that again!" which produced another dead silence.

Alice noticed with some surprise that the pebbles were all turning into little cakes as they lay on the floor, and a bright idea came into her head. "If I eat one of these cakes," she thought, "it's sure to make some change in my size; and as it can't possibly make me larger, it must make me smaller, I suppose."

So she swallowed one of the cakes, and was delighted to find that she began shrinking directly. As soon as she was small enough to get through the door she ran out of the house, and found quite a crowd of little animals and birds waiting outside. The poor little Lizard, Bill, was in the middle, being held up by two guinea pigs, who were

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goon /gun/, *n.* *Colloq.* 1. a stupid person. 2. a hired thug.
goori /'guri/, *n.* *N.Z. Colloq.* → *kuri*. Also, **goorish**, **goory**.
goose¹ /gus/, *n.*, *pl.* **geese** for defs 1-3. 1. any of numerous wild or domesticated web-footed birds of the family Anatidae, most of them larger and with a longer neck than the ducks, as the pied goose; the principal genera are *Anser*, *Branta*, and *Chen*. 2. the female of this bird, as distinguished from the male (or gander). 3. a silly or foolish person; simpleton. 4. **cook someone's goose**, *Colloq.* to frustrate or ruin a person's hopes or plans.
goose² /gus/, *v.t.*, **goosed**, **goosing**. to polio someone between the buttocks, usu. in fun and unexpectedly.
gooseberry /'guzbəri, -bri/, *n.*, *pl.* **-ries**. 1. the small, edible, acid, globular fruit or berry of certain prevalently prickly shrubs of the genus *Ribes*, esp. *R. grossularia*. 2. **play gooseberry**, to embarrass or restrict two people who might like to be alone if accompanied by a third.
goose pimples /'gus pɪmpəlz/, *n.pl.* a rough condition of the skin resembling that of a plucked goose, caused by erection of the papillae and induced by cold or fear. Also, **goose bumps**, **goose flesh** - **goosepimple**, *adj.*

gorge /gɔː/, *n.* a triangular piece of cloth, etc., inserted in a garment, a sail, etc., to give greater width or secure the desired shape or adjustment.
gorge /gɔːdʒ/, *n.*, *v.*, **gorged**, **gorging**. -*n.* 1. a narrow cleft with steep, rocky walls, esp. one through which a stream runs. 2. a gorging or gluttonous meal. 3. the throat; gullet. -*v.t.* 4. to stuff with food. - **gorger** *n.*
gorgeous /'gɔːdʒəs/, *adj.* 1. sumptuous; magnificent; splendid in appearance or colouring. 2. *Colloq.* very good, pleasing, or enjoyable. - **gorgeously**, *adv.* - **gorgeousness**, *n.*
gorilla /gə'ri:lə/, *n.* 1. the largest of the anthropoid apes, *Gorilla gorilla*, ground-living and vegetarian, of western equatorial Africa. 2. an ugly, brutal fellow.
gormandise /'gɔːməndaɪz/, *v.i.*, *v.t.*, **-dised**, **-dising**. to eat like a glutton. - **gormandiser**, *n.*
gormless /'gɔːmləs/, *adj.* *Colloq.* (of a person) dull; stupid; senseless. - **gormlessness**, *n.*
gorse /gɔːs/, *n.* any plant of the genus *Ulex*, esp. *U. europaeus*, a low, much-branched, spiny shrub with yellow flowers, native to Europe and introduced into many countries. - **gorsy**, *adj.*
gory /'gɔːri/, *adj.*, **gorier**, **goriest**. 1. covered or stained with gore; bloody. 2. *Colloq.* distasteful or unpleasant. - **gorily**, *adv.* - **goriness**, *n.*
gosh /gɔːʃ/, *interj.* (an exclamation or mild oath).
goshawk /'gɔːʃk/, *n.* any of various powerful, short-winged hawks, formerly much used in falconry, widely dispersed throughout the world, as the

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