



# Module 1: Finding Your Passion

This module gives you the energy and passion to sustain yourself through the good times and the bad. It shows you how to identify your creative voice and articulate it, so that you can surround yourself with people who support your life's purpose, including friends, colleagues and (if you choose) clients.

## Overview to Module 1 Part A & B

### Part A: Creative Life Purpose: Finding Your Passion

#### 20 Ways To Hone Your CLP

1. Show empathy and compassion
2. Knowledge is creative power
3. Artful self-talk
4. Read visually inspiring literature
5. Visit art galleries
6. Create through play
7. Seek solitude in wild places
8. Just listen
9. Awe
10. Capturing 'that moment' in time
11. Inspired to write
12. The creative philosophies of others
13. Camaraderie
14. Connecting with nature in a place you call home
15. Being present in the moment: acting spontaneously
16. The joy of technology
17. Don't just imagine it; do it!
18. Sharing your CLP: community connections
19. Be inspired by the creative vision of others
20. Collaborating with others
  - Collaborating with musicians and writers
  - Collaboration for activism
  - Collaborating on a collective vision
  - Collaborating with scientists
  - Collaboration between photographers

### Part B: Creative Life Purpose Meets Reality: Transforming Your Mind Stories

#### 26 Lessons Learned

1. Make tension work for you
2. Grant yourself permission
3. Creative comfort leads to creative restriction
4. Avoid letting the opinions of others stifle you
5. Avoid telling yourself 'stories'
6. Retain your optimism
7. You must find time
8. Snap to the present
9. Over-thinking can kill creativity
10. Create from what you see and feel
11. Foster creative self-confidence
12. Passion is a bedfellow for confidence
13. You've never arrived!
14. Trust your gut
15. Strive for originality
16. Set and achieve goals
17. Manage self-doubt
18. Learn to love moments of darkness
19. Between a rock and a hard place
20. Retain your focus
21. Develop tenacity
22. Don't get lost in adversity
23. Shoot for shifting goalposts
24. Retrain your brain
25. Beware the digital distraction
26. Let your creative life purpose lead the way