"I Say Yes" October Challenge: 31 Days of Creativity

By Leslie Ackman

"They teach there's a boundary line to music…But, man, there's no boundary line to art." -Charlie Parker

To kickstart our month of Creativity….let's write a "Creative Manifesto" for ourselves! What's a manifesto?

a public declaration of intentions, opinions, objectives, or motives,

We are going to declare a list of intentions and objectives for ourselves regarding our Creativity!!! I LOVE that!

By answering the following questions you will be able to write your Manifesto…

1. I am creative because…..
2. I make Art because…
3. Where and when do you create?
4. What activates your creative energy and what drains it?
5. What is your greatest hurdle to being creative?
6. What time of day are you most receptive to being creative?

**Now I want you to create a Mind Map (example of on my Blog) In the center of your Map I want you to write "I am not good enough". Circle it…then start making arrows away from your center circle and write ways

you feel you are not good enough to be an artist, to create, etc. Circle each comment you make (again this is on my blog)

When you are finished with that go to another page and in the center of it put..." I am creative. I am an artist."...circle that. Then make arrows away from that and start writing all the positive things about yourself when it comes to your creativity...your art, etc. Even write down things you WISH you thought about yourself! (again there is a visual on my blog!)

Take all the POSITIVE comments and write out a paragraph. Think of this as a letter to yourself reminding yourself of all the ways you ARE creative. Sprinkle in a few creative goals you have for yourself...(example of this is on my blog)

Now is the ART PART. Take this paragraph and create a page in your journal or even something you can hang on your wall...poster board, heavy weight water color paper or canvas!

Ta-Da...you have a Creative Manifesto that will guide you throughout our Creativity Challenge this month!