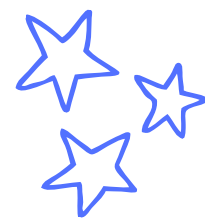




10 Marvelous Muse Motivators



1. Create a creativity zone in your living area to give your Muse a space to come out to play.
2. Journaling helps your Muse find a voice.
3. Give your Inner Critic a limited window of time to get complaints off its chest. Then, move on.
4. Encourage your Muse to get messy, take you on adventures into scary, unknown places & risk.
5. Honoring the ebb & flow of creativity encourages the Muse to follow its natural rhythms.
6. The Muse most loves to create with mindfulness, peace, and relaxation, rather than force & intensity.
7. Invite the Muse to explore diverse expressive avenues like dance, drumming, poetry, & more.
8. Embrace mistakes as new paths on your journey.
9. Look for the Muse to show up in all aspects of life.
10. Cultivate your own muse crew by inviting others to create along with you.