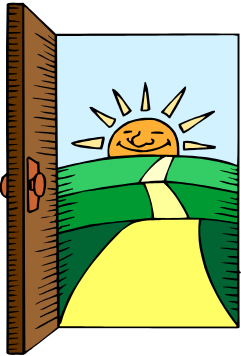


THE SIMPLE LIFE

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Let Curiosity awaken your Creativity...



Simplicity Life Coaching Ltd.

*Helping you **find the joy** and **let go of the struggle**. De-stress, simplify and re-prioritize your life by better understanding yourself and others.*

Again, I am writing this newsletter and the sun is shining in Vancouver! I hope people elsewhere in the world are also enjoying some sunshine – whether actual or imagined!

This month's newsletter is about creativity and curiosity. Although we create every thought, action and every word we say, many of us still believe we are not creative. We believe creativity means being an artist, writer or inventor. This may be true, but I also believe creativity is a state of being which can help us in our daily lives. And this is a state everyone can achieve simply by relaxing and being curious. I hope you enjoy my ideas and tips!

Simplicity Life Coaching offers one-on-one coaching to help you create the 'you' you would like to be, to live more purposefully, effortlessly and experience more joy in life.

If you think this might be of interest to you our contact details are at the bottom of this newsletter. Maybe you want more information or just a quick chat, if so, simply pick up the phone or email me!

Emma-Louise.

THOUGHT OF THE MONTH

"The cure for boredom is curiosity.
There is no cure for curiosity."

Ellen Parr

"The Creativity Within"

The dictionary defines creativity as "having the ability to create" and "characterized by originality of thought; having or showing imagination." This means (despite what we may believe about ourselves) we are all creative - because we all have both "the ability to create" and an imagination.

The modern world however is full of stresses and complexity which inhibit our creative thinking ability. Our minds crammed full of unfinished tasks and thoughts, past upsets and future plans, don't have much room for creative thought and we are often left feeling trapped, limited in our choices.

Scientific research shows that when we're stressed we move more into the right-hand side of our brain (the logical and rational side). Conversely this means that usage of the left side of the brain (responsible for creativity and intuition) diminishes. If we are attacked by a grizzly bear we don't want to stand there imagining what a great story it would make – we want to be doing something about it!

So, what is the antidote to a lack of creativity? Well, curiosity and relaxation are a start!

Firstly, people who are curious about the world and ways to approach things find many subjects and topics fascinating. They naturally ask questions and find inspiration. One fact or idea triggers another. Creativity is often thought to be about coming up with brand new ideas and concepts. Interestingly, most inventions these days are variations on technologies and ideas that already exist, just put to new use. I call this 'sideways' thinking.

"The most important thing in science is not so much to obtain new facts as to discover new ways of thinking about them." Sir William Bragg

The second area where people can enhance their creativity is peace or relaxation. When our minds are constantly filled with thoughts, worries, tasks, complaints etc. we easily become overloaded. The mind contracts in order to protect itself, seeing fewer options and limiting us.

People find that relaxation and peace allows their mind to clear and rest. And in the silence we find our creative mind - we can hear and listen to our intuition because the external communications have ceased.

And, when we combine relaxation with curiosity we become creative. That creativity is useful in all areas of life; at work, dealing with family and friends, or just getting on with living.

Where in your life could you do with some creativity right now? What areas of your life aren't working as well as they could? Relax and use curiosity and imagination to think beyond the conventional - is there a better way?

RECOMMENDED READING

1. **A Whack on the Side of the Head: How You Can Be More Creative**
Roger Von Oech ISBN: 0446674559
Recommended by a friend and on my wish list! Take a problem/idea and give it a "whack," or eye-opening exercise based on the epigrams of Greek philosopher and 'creativity teacher' Heraclitus. Also available is a pack of cards to go with it.
2. **When the Body Says No: the Cost of Hidden Stress**
Dr Gabor Mate M.D. ISBN: 0676973124
An excellent book by a Canadian author. It is amazing what a pervasive effect stress has on our lives - often without us even realising.
3. Anything at all that inspires you to be curious, creative, or just plain inspires you! For me this is still "Don't Sweat the Small Stuff... and its all small stuff" by Richard Carlson.

INTERESTING WEBSITES

www.elibay.com/resources/tools/index.html

A couple of self-tests to see how stressed we are. Although I found the categorisations simplistic, the tests themselves are informative and interesting.

There is no such thing as... "a Mistake"

What if we believed there was no such thing as failure, only feedback? No mistakes, only results? No errors, only learning?

When we 'mistake' something - it literally means that we have 'mis-taken', misunderstood or misinterpreted something. And that is all a mistake is - unexpected or unanticipated results created by a misunderstanding or misinterpretation of the possible outcomes of our actions.

When you feel guilt, blame or regret then this leads to further negative feeling and often fear - that can prevent us from moving forwards. If we take responsibility for our 'mistake' and choose to open our mind - then it becomes a 'learning'.

Maybe next time you make an error, mistake or fail at something you'll take responsibility, own it, learn from it and do things differently next time. You might forgive yourself, let go and create something new instead.

THOUGHT: "The man who makes no mistakes does not usually make anything." Edward J. Phelps

Wouldn't life be boring if everything always turned out the way we expected?



'MINI-COACHING' EXERCISE

Some questions to get creative in solving a problem or issue in your life:

- ☆ What is the **specific outcome** you would like from resolving this?
- ☆ How will you **absolutely know** the problem or issue is resolved?
- ☆ What have you **done so far** towards resolving the issue?
- ☆ What's **good** about the current situation?
- ☆ So, how specifically have you been **getting in your own way**?
- ☆ What have you done that has **worked in similar situations**?
- ☆ Suppose for a moment you are an **expert in - the area of your issue** - what would you **advise yourself** to do?
- ☆ Can you imagine what would **really make the difference** here?
- ☆ So, what is the **decision or action** you may have been **avoiding**?
- ☆ So **what** are you **going to do**?
- ☆ **When** will you do it? **When** will you start?

In doing anything, the first step is the most difficult
Chinese Proverb

Simply call or email to find out how coaching could help you or to arrange a complimentary trial session



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REMEMBER

Relaxation allows our mind to clear and rest. In silence we find creativity...

5 ways to be more relaxed:

1. **Turn off the TV!** Watching TV is the *process* of relaxation - and not the same as actually relaxing. News of deaths, terror threats and programs where emotions run high can only raise our stress levels. It's escapism not relaxation.
2. **Make quiet time for reflection.** Enjoy that hike, sunset, lunch outside - for a few minutes or a few hours. Either way, revel in the silence and beauty that surrounds us.
3. If you are open to **meditation** - try to add a little into your **daily** schedule - even **10-15 minutes** can help!
4. **Go to bed 30 minutes earlier**, keeping the last hour before bed free of emotional or mentally tiring activity (including TV!).
5. **Do something you WANT to do**, instead of something you think you have to do. Let go of a 'should' and do a 'feel like'. Maybe you'll take note of how you feel when you do this (for future reference!).