

## You Must Kill Your Darlings

Many people avoid creative activities because they are afraid of failing. This fear may have been fueled in childhood, especially if your creative efforts weren't valued or appreciated. It's time to put those judgments aside, everyone can be creative, including you!

When you start to view creativity simply as freedom of expression and as a chance to play, you'll begin to drop your expectations of perfection.



It's also worth remembering that many creative geniuses have received their fair share of criticism. Recently Einstein's personal papers were released into the public domain and one letter, in particular, caused a stir. He wrote in 1911 to fellow scientist and Nobel prize winner, Marie Curie, giving his support and telling her to ignore those critics who denied her a seat on the French Academy of Sciences.

If Marie Curie can rise above rejection and ridicule, so can you.

You can help to cultivate a practice of creativity for the *process* rather than the product by making something temporary and disposable.



**Your action today:** Make something and then destroy it.

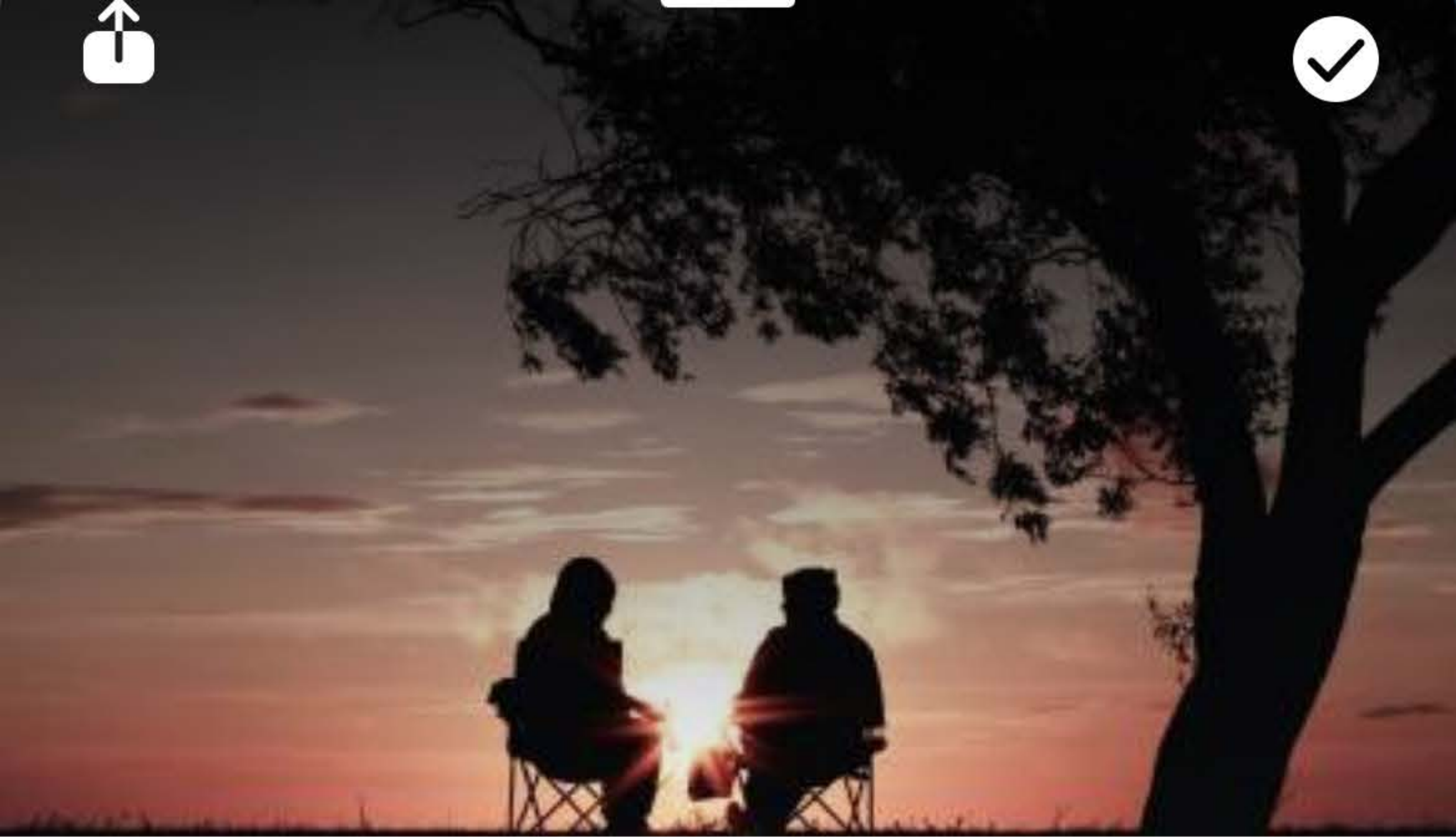
Paint a picture and then immediately paint over it, record yourself singing and then delete the file, write a short story and dispose of it, or cook something and eat it!

The more you practice creativity for the experience rather than with an expectation of producing a masterpiece, the easier and more enjoyable it will become.

*The only thing you can do wrong in art is not make art* - Dean Nimmer, *Creating Abstract Art*.

Done! What's next? →





## Release Your Inner Child

Do you reject opportunities to be creative because you think you're too grown-up or serious? Laughing and playing like a child helps to unlock that secret well of creative energy inside you.

In their book, "Welcome to Your Child's Brain," Dr. Sam Wang and Dr. Sandra Aamodt say, "Work in adult life is often most effective when it resembles play. Indeed, total immersion in an activity often