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# The Workbook

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by  
Maegan Beishline  
[www.madelinebea.com](http://www.madelinebea.com)

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Creativity Boot Camp is a two week intensive course designed to take your creativity to the next level. The course consists of daily creative conditioning exercises to shift your life patterns allowing for a full embracing of your creative selves leading to higher levels of creativity.

*Are You Ready?*

**Class Overview:**

This course will be an intensive two week course designed to deepen and enrich your creative spirit. You will be asked to perform outward projections of creativity as well as examine your inner creative soul.

*Just as with trees, new growth requires that your roots deepen and expand.*

You are asked to choose one artistic medium in which you will work in daily. It is to the benefit of this course that you stick with one particular medium.

Each day you will be provided with an inspiration point, a topic to ponder, a journaling prompt, and a theme for your day's creative work. If you have chosen writing as your medium, your journaling exercises should not count for your day's creative work.

The prompts are challenging and, at times, a bit abstract. I urge you not to get caught up in the literal translation of a particular word and allow your natural creative instincts. Also, it is helpful

not to think too much about any given prompt. Let the universe guide you just a bit...I promise, an idea will come to you! There are no right or wrong answers to the prompts. They are all about your personal interpretation! So let your imagination soar!

The Workbook Pages are designed to accompany the assignments and enrich the course. These can become really useful after the course to go back through and ponder some of the thoughts and revelations you had throughout the course!

This course was designed to begin on a Sunday. You may, of course, begin any time you'd like. However, you will see that Days Seven & Eight are combined for the weekend. I felt it was important to keep these days lighter in order for your self and soul to catch up.

**Class Supplies:**

Materials/Equipment needed for the medium you've chosen

A notebook for journaling {and obviously some sort of writing instrument}

A camera {any camera will do}

An open mind, a reflective soul, and an optimistic spirit

**Miscellaneous Information:**

This course is meant to be a fun and thought provoking exercise to deepen, enrich, and enliven your creative lives. I have enjoyed preparing this course for you and I hope that it stimulates your creative muscles in all sorts of ways.

Throughout this course, please be kind to yourself. Some of the assignments reach into deep, uncomfortable places...go gently.

And please don't beat yourself up if you fall behind...you'll get an opportunity to catch up and you can always just go at your own pace.

# Day One

*"An artist cannot fail; it is a success to be one."  
~Charles Horton Cooley*



*"Art is the stored honey of the human soul,  
gathered on wings of misery and travail."  
~Theodore Dreiser*

*"Wisdom begins in wonder. Be as you wish to  
seem." ~Socrates*

## Daily Thoughts:

I'd like to welcome you to the Creativity Boot Camp! Thank you so much for being here. I really hope that you come away from this course with a deeper, more enriched sense of your creative spirit. I hope that this course enlivens and awakens your creative impulses and sets you free on your creative journeys.

I believe that we can drive our actions toward bigger goals by setting intentions: stating purposes, plans, and hopes in an effort to drive actions towards goals. I believe that if we have the ending destination in mind, along with some stops we'd like to make along the way, we can have effective and fulfilling journeys. I want you to get everything that you need and desire from this course to pursue to bigger creative goals and dreams.

I want this to work for you...in whatever sense that may be. And I have a feeling that each of us needs and desires something slightly different than the other. Today, I'd like you to think about what specifically you'd like to take away from this course. I'd like you to think in generalities and also in specifics, little wishes and big dreams, two weeks from now and two years from now. Where do you want to be heading in your creative life?

## Journal Prompt:

I want you to write yourself a letter. In this letter, assume that all of the wishes you had hoped for coming into this course were met. Include mentions about the generalities, specifics, little wishes and big dreams. Please also include how awesome you did in the course, how you met and exceeded all the creative challenges you were given, how you looked your soul in the mirror and smiled at what you saw. Most of all, tell yourself how brave you were for having participated.

When you are finished writing your letter, fold it up and put it away somewhere. We'll dig it out later, but I ask that you do not re-read your letter for the duration of the course.

## Random Word Prompt:

*{your daily creative prompts will a single random word I have haphazardly chosen from the dictionary. Please have your day's work in your chosen medium include the theme or concept of this word}*

"Scarlet"

Please have your days work include the theme or concept of the word "Scarlet".

## Day Two

“Most people are much more unusual and complicated and eccentric and playful and creative than they have time to express.” ~Oliver Herring

“Always be a first rate version of yourself instead of a second rate version of somebody else.” ~Judy Garland

### Today's Thoughts:

In order to increase your levels of creativity, you need to embrace your creative soul. You need to walk the walk, talk the talk, and let those inner most longings to express start to come out.

I want you to start getting comfortable calling yourself an artist. You maybe consider yourself a crafter, a hobbyist, a writer, a dreamer...but an artist? That implies something much more. I'd like you to think about your definition of artist. You may write it down or just think about all the things that the word **artist** implies.

Webster defines artist as “one who creates objects of beauty.” The definition in and of itself is pretty subjective. But let's look at some facts...some things that I know to be true about each and every one of you. You are here. You have a yearning to create. You wish to produce work which reflects life the way you see it. You are indeed an artist. It has nothing to do with what medium you work in. It has nothing to do with whether or not you have achieved someone's vision of success. It has to do with what is in your soul.

Alright, now that we're all clear that you're indeed an artist, it's okay to share that fact with other people. As you begin to grow within your creative self, it's imperative that you allow those parts of yourself to be seen on the outside as well as on the inside. Gaining confidence in this area can be tough. Sometimes, we find it much easier to tell someone that we are a teacher, or a secretary, an

accountant, a lawyer... We get awfully self conscious trying to tell someone that we are a creative soul; an artist.

Start with little bits here and there. Dress in ways that reflect your true personality. Talk {out loud} about your creative endeavors with someone you know and trust. Start to form connections and communities {online and in person} with others who share your interests and desires. Begin sharing your work with people {maybe begin sharing your work *offline* as well as online}. The more comfortable and confident you can be about your role in this world as an artist, the more confident you can become in your work. And the more confidence you have in your work, the better your work will be.

### Journal Prompt:

Do you shy away from calling yourself an artist? If so, what do you think makes someone else an artist and not you? What are some ways that you can start today to outwardly reflect your inner artist? Name three people who you would be comfortable sharing your creative work and projects with.

### Random Word Prompt:

“Flow”

Please have your days work include the theme or concept of the word “Flow”.

## Day Three

“Conformity is the jailor of freedom and the enemy of growth.” ~John F. Kennedy



### Today's Thoughts:

As you were thinking about yesterday's thoughts, it's possible that certain elements came into play which you might consider your "creative opposition" {i.e.: people, things, thoughts, or life situations which seemingly work against your creative goals}. I'd like to herein refer to these opposers as "creative buzz kills." When thinking about your creative buzz kills, you might instantly think of things like the weather, or stress, or illness, lack of time, etc. But creative buzz kills can come just as easily in sneakier forms. For instance, our own insecurities about our skills or creative abilities can be one of the biggest deterrents to actualizing our creative goals. Feeling restricted by our skill level or feeling that we lack what we need to succeed {be it physical tools or otherwise} can be downright debilitating when it comes to our fragile creative souls.

Not only can our own negative perceptions kill our creative buzzes, but also the perceptions of others. You probably can name a couple living, breathing creative buzz kills in your own life right now. These would be the people that you wouldn't tell you were taking this course, the people you'd never think to give a handmade gift, people who may act as if creativity and artistry are silly pursuits. These people are dangerous to your

creative goals for a couple of reasons. First, and obviously, they may make you feel badly about your authentic self and the innermost goals you wish to pursue. Second, they may make you feel alone and isolated in your thoughts and dreams.

Allow me to re-assure you that you are, indeed, not alone. Take a quick look around online and see the thousands of artistic souls wanting and yearning for deeper creativity in their lives. If it helps, search around online and look at how many people are living successful and enriched lives while living off of their creative endeavors. It's highly possible that these living, breathing creative buzz kills are merely putting their own reservations and missed opportunities onto you...hoping that you won't have the courage to live the life that they had wanted.

All of these creative buzz kills {the living breathing ones and the ones in our own minds} need to be disarmed so that you can easily pursue your creative goals. How do we disarm them? Easy. You mentally call them out, name them for what they are, and conclude that they have no legitimate power over you.

For example: A classic creative buzz kill is thinking that you just don't have the talent that other people have. But the truth is that most people are born with a drive that they work on and perfect which then becomes a talent. For proof of this, try to dig around online and view some of your favorite artist's early work. Everyone starts somewhere...and for most of us, it's at the bottom.

### Journal Prompts:

Now it's your turn. Name some of your biggest creative buzz kills, including a person or two, and disarm them!

*{Today is the last day of the hard core philosophical stuff...so if you're getting bogged down with all the inward reflections, hang in there! Tomorrow we'll be doing something a bit different!}*

**Random Word Prompt:**

“Process”

Please have your days work include the theme or concept of the word “Process”.

*Extra Credit Reading:*

After thinking about today’s thoughts & prompts, this poem can take on a deeper and more encouraging meaning. Please take it with you and read it often during this journey.

*The Journey*

By Mary Oliver

*One day you finally knew  
What you had to do, and began,  
Though the voices around you  
Kept shouting  
Their bad advice—  
Though the whole house  
Began to tremble  
And you felt the old tug  
At your ankles.  
“Mend my life!”  
Each voice cried.  
But you didn’t stop.  
You knew what you had to do  
Though the wind pried  
With its stiff fingers  
At the very foundations  
Though their melancholy  
Was terrible.  
It was already late  
Enough, and a wild night,  
And the road full of fallen  
Branches and stones.  
But little by little  
As you left their voices behind,  
The stars began to burn  
Through the sheets of clouds,  
And there was a new voice  
Which you slowly recognized as you own,  
That kept you company  
As you strode deeper and deeper  
Into the world,  
Determined to do  
The only thing you could do---  
Determined to save  
The only life that you could save.*



## Day Four

“There is a muscular energy in sunlight  
corresponding to the spiritual energy of wind”

~Annie Dillard

“First, I do not sit down at my desk to put  
into verse something that is already clear in  
my mind. If it were clear in my mind, I should  
have no incentive or need to write about it.  
We do not write in order to be understood;  
we write in order to understand.”

~Cecil Day-Lewis

### Daily Thoughts:

So, the first three days were kind of heavy around here. You were asked to do some soul searching and some deep thinking about your life and its patterns. Today is much lighter. Today I'd like to talk about inspiration. If we are ever asked what inspires us, most of us are quick to rattle off a laundry list of all the things that stir us creatively. Because being an artist is like that...that's what makes us artists. We see possibility all around us.

But why then do we think when we're in any sort of creative rut that we are “un-inspired?” I beg to differ. I don't see inspiration as something that ever turns on or off, but rather it's the processing of that inspiration that sometimes is slow going. You see, the inspiration is always there; the things that inspire you are there whether the ideas they may spark are or not. But I have a theory that our creative conscious is always collecting and that everything around us {whether we see it as inspiration at the time or not} contributes to our creative output. {I actually talk quite extensively about this in one of my [video blogs](#) which you could watch for extra credit}

So today, I'd like you to go out into nature {or on the streets if you're a city dweller} and seek inspiration. I'm not asking you to gather ideas for

creative projects, I want you to simply take a camera outdoors and photograph things that speak to you on some level...any level. Take as many pictures as you'd like. If you're like me, you might have to eventually make yourself stop and go back inside to take care of other things like your children or dinner. Try not to aim for perfect shots; don't think about composition, don't sweat the focus or the lighting, etc. Just take some random snapshots of anything that you find visually appealing and at this point don't analyze why...just shoot.

\*\*\*Note: If photography is your medium of choice, this should not count as your daily work\*\*\*

### Journal Prompt:

Now I'd like you to look at your photos. There's no need to print them...looking at them on the computer will work fine. Think about what specifically motivated you to take certain pictures. Was it something small and unique about your subject? Was it the color? Was it how certain elements came together and played off of one another? Get detailed. Think about it a lot...as if you were trying to tell a child what made that beautiful. If you were to go back and attempt to re-take the pictures, capturing only the elements that you were drawn to, how would you frame the shot?

### Random Word Prompt:

“Garish”

Please have your days work include the theme or concept of the word “Garish”.

## Day Five

“Music washes away from the soul the dust of everyday life.” ~Berthold Auerback

“Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.” ~Maya Angelo



### Daily Thoughts:

All throughout my life, music has helped me to process the emotions of my world. Through someone else's words, I am able to discern my feelings and emotions and allow myself to feel the width and breadth of all that life entails. Never was there a more emotional time in my life than high school. Whenever something happened that pulled at my heart strings or awakened something within me, I couldn't wait to get home, play my favorite songs, feel the scope of my current feelings, and put life back into perspective for myself.

As we age, we repress so much of our emotional selves. Our dramatic array of feelings are often replaced with a million rationalizations and realistic expectations. We tell ourselves that emotions are silly or juvenile. We encourage ourselves not to get carried away, wrapped up, over excited, or so upset. But as artists, how can

we express the world as we see it if we are not feeling it on a deeply emotional level?

Today, I'd like you to pull out your old mixed tapes {I'm showing my age here, right?}. If you no longer possess these treasures, then try to find some of your favorite music from your high school era online or in your collection. Play the songs that you sought refuge in during your emotionally tumultuous years and allow yourself to feel the vast array of emotions from your younger days. Think about your parents, boyfriends, school cliques, struggling to fit in, hoping to find love, wanting desperately to have someone's hand to hold at that new movie. Try to remember your emotional self before this world shaped it into something more rational. Let the music take you back and help you remember your inner most desires.

*\*Please note...if you do not listen to music for whatever reason, please substitute books here instead of music. Also, during the online course, I received a few messages following this post saying that the teen/early twenty years were a tumultuous time that they didn't wish to remember. I would ask that, if you are feeling the same, rather than you shy away from the negative feelings you associate with this time period that you instead name them, acknowledge them, and let them go. This prompt is all about feelings and emotions...so allow yourselves to have them!*

### Journal Prompt

As you listen to the music of your past, begin to think about what your hopes and expectations for life were when you were young and the world was wide open. {If you are young and the world is wide open, get crazy and write your wildest dreams right now.}

### Random Word Prompt:

“Depth”

Please have your day's work include the theme or concept of the word “Depth”.



## Day Six

“Art is the only way to run away without leaving home.” ~Twyla Tharp

### Daily Thoughts:

We often think of art as an escape; a release. We feel free to express ourselves in ways which feel freeing and gratifying. But sometimes, over time and without thinking, we entrap ourselves in our own style. We become comfortable and dependent upon certain techniques or methods or styles. Eventually, before we can even recognize that it has happened, our ways of creating become so habitual that we lose just a bit of our pure and free creative spirit.

Maybe we feel that this is just our personal creative “style”...and I would agree to a point. However, when your personal “style” begins to stifle your potential, how is still serving you? While I feel that having your own style is important to maintaining your individual creativity, I feel that even if you break your own self-imposed rules, your artistic eye will still come through in your work. Your creative spirit is unique to you and only you. It would be impossible to separate “you” from “your work.”

So, with that being said, I would like you to break your own rules today. If you typically write short essays in first person, today write poetry or fiction in third person. If you tend to paint in pastels on canvas, today paint brights {or blacks} on wood or some totally non-conventional surface. If you typically photograph flowers at a macro level, today step back and shoot people or landscapes from a distance. You know what your rules are...now go out and break them! {but you might want to work on your journal prompt first...}

### Journal Prompt

What are your self-imposed “rules” of creating. What are some characteristics of your work that you seem to inhabit in each of your works? Do you find that you have these same tendencies when you work in a different medium or do you tend to switch rule sets? Brainstorm some alternatives methods, ideas, or techniques for how to escape your traditional style.

### Random Word Prompt

“Supple”

Please have your day’s work include the theme or concept of the word “Supple”

## Day Seven & Eight

“You can’t use up creativity. The more you use, the more you have.” ~Maya Angelou

### Daily Thoughts

Sometimes, when we search for creative inspiration, when we are constantly pushing ourselves to produce, and when we are so connected and involved with other artists, it sometimes gets hard to hear our own creative voices. Sometimes, we have so many inner voices going on at once that we become no longer sure of our path or direction. As artists, we often feel things deeply and are greatly affected by the thousands of things going on around us. It can be overwhelming. Often, I just get to a point where I need quiet: Space to clear my mind and hone in on my one true inner voice.

I’d like to say that on these days I practice 30 minutes of meditation followed by an hour of Yoga...but that’s just not very practical in my life. But what I do on these days and in these moments is something called stream of consciousness writing. If you are familiar with the book *The Artist’s Way*, Julia Cameron refers to this sort of writing as “morning pages”, encouraging all creative spirits to write three full tablet pages first thing each morning. Now the premise of these writings is that you just write...no thinking, no analyzing, no judging...just writing. The idea is just to write whatever comes into your mind: from your mind to paper, bypassing your own filters. In essence, it’s an emptying.

I used to practice daily morning pages, but life is just a little too complicated for me right now to declare 45 minutes of “me time” each and every morning. But I do come back to the practice when I’m feeling overwhelmed or out of sorts. This week, I have asked you to think deeply about your lives...about your past and your present. I’ve asked you to revisit old emotions and look at parts of yourself that you maybe hadn’t looked at in some time. I think this weekend would be a really good time to empty out.

I also wanted to give us all a little opportunity to catch up...on your work, on your journaling, on the prompts, etc.

### Journal Prompt:

Today and tomorrow, set aside roughly 45 minutes to yourselves to sit down and complete three full notebook pages of stream of consciousness writing. Don't think about what you should write...just write. And if you don't know what to write about, just write “I don't know what to write about. Maegan has me doing this stupid activity. What does she want me to say. I'm tired and I have a million things to do...” Before you know, you'll be getting to the good stuff. But here's the kicker...once you're done, throw them out. I do not want you to go back and read these pages...ever. They are merely an emptying. Enjoy.

### Today's Random Word Prompt:

“Hidden”

Please have your day's work include the theme or concept of the word “Hidden”.

### Tomorrow's Random Word Prompt:

“Woven” {which by definition is something that lends grace or beauty}

Please have your day's work include the theme or concept of the word “Woven”.

## Day Nine

“Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen.” ~Leonardo da Vinci



### Daily Thoughts:

Sometimes, as we focus on any particular medium, we get so hung up in trying to improve our skills that we forget that very basic love of art that initially drove us. I know that personally, I have fallen in love with photography and fill almost all of my available waking hours learning, practicing, watching others, and other general activities to improve and take my skills to the next level. I sometimes often forget the very basic principles of art that lie underneath my activities and fueled my initial desire to pick up a camera.

Sometimes, it's good to step back and take yourself to an elementary level of art appreciation. Try to remember those first influences that got you thinking that “artist” was about the best thing anyone could ever be. Was it how you loved to draw as a kid, or how fascinating you find it know the story behind some 500 year old painting. Is it the way that a certain author's words just carry you from one thought to another. Does the way certain colors and textures dance together stir something within you that you cannot deny?

Our work is nothing without passion. It would do us all good to get back to our artistic roots: to

rekindle our love for art on a very basic and elementary level.

### Journal Prompt:

There is no journal writing assignment today. {didn't you all do enough writing this weekend???} Instead, I'd like you to create in a way that you haven't for years. Paint, color, doodle, sew, write, work with clay {or play doh}...you get the drift. Mix it up. Practice art for the simple love of art itself.

### Random Word Prompt:

“Bold”

Please have your day's work include the theme or concept of the word “Bold”.

### Bonus:

You may have seen this before but I could honestly watch it again and again! Turn it up and enjoy!!!

[http://www.youtube.com/watch?v=qpunQZ4cUyI&feature=player\\_embedded](http://www.youtube.com/watch?v=qpunQZ4cUyI&feature=player_embedded)

## Day Ten

“The artist’s world is limitless. It can be found anywhere far from where he lives or a few feet away. It is always on his doorstep.”

~Paul Strand

“Let me ask you something, what is not art?”

~author unknown

### Daily Thoughts:

As artists, the world is literally brimming with possibilities. When you tap into the completely open and free realm of uninhibited possibility, it is almost impossible to separate everyday actions from art. The way that flavors come together in a meal, the smell of the lilacs being carried by the warm wind, the canvas of colors created by the dense forest of trees, the sound of the robin singing while the cricket keeps the tempo...the whole world becomes an infinite collection of beautiful and original masterpieces.

When you live in this world; when you see life as this amazing collection of artistic creations, you cannot help but yearn to be a part of it. You almost cannot resist the urge to create yourself. The wanting becomes desire, the impossibilities become attainable, and the obstacles begin to melt away. Your world becomes different and the meaning of your life now includes the need to create. And once you have gotten to this place, the little things that you have thought were standing in the way of you being more creative just melt away one by one.

Today, I would like you to dial up your senses. I want you to smell every smell, hear every sound, see every piece of beauty, feel every touch, and taste every flavor. I must warn you, the world will become overwhelming. Try to experience without trying to understand or label. Be acutely aware of your surroundings and the details included in them. Try to notice combinations of elements that together are greater than the sum of their parts. Notice what elements stand alone, if any. Enjoy

the world today for the magnificent creation that it is!

### Journal Prompt:

At the end of your day, think about the millions of sensations you experienced. Try to answer these questions...

Which ones stand out in your mind as being the most pleasant?

Were there any that were repulsive?

Did any bring back memories from your past?

Did any motivate you to do anything particular?

Did any of these sensations inspire you in your creations?

If you were to try and capture creatively any of these sensations, how would you do it?

### Random Word Prompt:

“Mood”

Please have your day’s work include the theme or concept of the word “Mood”.

## Day Eleven

“We need creativity in order to break free from the temporary structures that have been set up by a particular sequence of experiences.” ~Edward de Bono



### Daily Thoughts:

As you look back at your life, you may remember a time when you felt free to create and to follow the desires of your heart. Maybe this was childhood, maybe your teen years, maybe as an art student in college, maybe for you this time is right now. But I can imagine that, for most of us, our life paths and experiences have taken us in multiple directions which sometimes have led us away from our creative endeavors and maybe eventually led us back.

I'm not the most religious person you'll ever meet, but I am a deeply spiritual person. And I believe without a doubt that everything in our lives contributes to the person we are ultimately meant to be. I believe that everything in life has a purpose. I also believe that we are all creative beings and that all of life's twist and turns take part in forming our own personal creativity. With that in mind, I can look back at my life in timeline fashion and see how each turn, point, stumble, hurdle, back step, and milestone has led me to this exact point in my life.

I also happen to believe that if you are one who is not inclined to follow your creative spirit {which would be none of you...} that you would be

happy to go along with the patterned sequence of events laid forth by your life and never question your bigger purpose. However, if you are someone who cannot ignore the pangs, yells, and begging coming from your creative spirit, I believe that you will see these patterned sequences of events as more of a “launching” into your creative destiny.

### Journal Prompt:

Briefly map out a timeline of your life up until this point. Make sure to note school studies, periods of happiness, life changes, major decisions, jobs, periods of happiness and comfort, etc. Now, looking back at your life, can you see how each of those points led you to where you are right this minute?

For instance, can you see how if you had never have done \_\_\_\_\_, then you would never have met \_\_\_\_\_, who inspired you to do \_\_\_\_\_, where you suffered \_\_\_\_\_, which ultimately made you \_\_\_\_\_, which turned out to be the best thing. And then because you had to \_\_\_\_\_, you started doing \_\_\_\_\_, and that's how you got here!

Yours might sound a bit different, but the principle will most likely be the same. You are exactly where you should be. If you'd like to take this exercise one step further, attempt to take out one rather significant element and think of how your life would have played out differently without it. Now, can you see how this particular sequence of events {ie: your life} is “launching” you into your creative destiny?

### Random Word Prompt:

“Adagio”

Please have your days work include the theme or concept of the word “Adagio”.

## Day Twelve

"And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." ~Anais Nin



### Daily Thoughts

When I was a child, I had many dreams. They usually changed by the day and I was as sure that they would one day come true as I was of the sun rising every morning. There was absolutely nothing in my life which led me to believe that I could not make my dreams come true. No matter what my dream happened to be that day, I just assumed that I would take the road to get there and that would be that.

As an adult {or so some people call me}, dreams can seem silly and impractical. The obstacles have become bigger and the paths not as clearly laid out. There is no longer one direct path to take and often they are much too covered in proverbial thorns for me to consider them a possibility. It takes a lot more courage to dream; to even think of leaving my place of comfort to travel down a thorny and overgrown path to a place of uncertainty.

Something happens as we age. We begin to see less open possibility and more restrictive reality. We may think of dreams in passing, but often we quickly dismiss them in an effort to "not get our hopes up." But when did being an adult mean that dreams were no longer attainable. A few years ago, at a time when I had almost nothing more to lose

{in a financial/successful sense, I just started to go for things. My dreams started small and I'm still working on expanding my mind to include all the possibilities that lay before me. But I can attest that as a child, there wasn't much I could do on that one day I woke up and wanted to be a photographer. But as an adult, my options are much more plentiful. Instead of just wanting something or dreaming about something, I am now able to start taking small and meaningful steps towards that goal.

There have been times when I have trudged through dense forest towards a destination that ended up not being the place I desired to be. But, you know, every path I made led me to another. And I found myself to be much better prepared for that path than the last. And before I knew it, the paths didn't seem as daunting anymore...they were merely the way.

### Journal Prompt:

It can be scary to think about dreams; really scary. I'm sure there are a few of you who are put off thinking about dreams right now...assuring yourself that you are happy right where you are. But today, I'd like you to stretch and think about one or two dreams that you have for your future. They can be about a place you'd like to travel, a job you'd like to have, a business you'd like to own...but don't feel restricted by reality. Try and see if you can stretch more, believing that anything is possible, what would you wish for?

Now, as you think of these dreams {big or small} what might be some small baby steps you could start taking right now to begin clearing the path towards those dreams?

### Random Word Prompt:

"Fundamental"

Please have your days work include the theme or concept of the word "Fundamental".



## Day Thirteen

“Without art, the crudeness of reality would make the world unbearable.”

~George Bernard Shaw

“Life beats down and crushes the soul and art reminds you that you have one.”

~Stella Adler



### Daily Thoughts

I must just take a moment to thank you for taking this journey with me. I know that it took courage and commitment. It is my sincere hope that you will take this experience and harness the energy and direction you have right this minute. My hope for you is that you continue to be creative every. single. day. My dreams for you involve you feeling confident in your work, working steadily towards your goals, and taking pride in the fact that you

are indeed an artist.

Because it is so important to me that you continue on this journey that you have only begun, today I would like you to think about how you can continue to nurture your creative self every day. I want you to start by looking at your body of work from the last two weeks. I want you to look at how much you have improved or how your style has evolved or how you have begun to think outside the box...just within these two weeks. You are an artist and you create beauty!

I want you to remember to be gentle and kind with your creative soul. I encourage you all to read [this post](#) from [my blog](#) in which I discuss treating our creative souls as we would small children; being kind, compassionate, and encouraging. I want you to remember that the possibilities of this world are wide open and that if there is a dream in your heart you can make it happen. You just need to believe that the hard work of getting there is all in your capable hands.

### Random Word Prompt:

“Refreshing”

Please have your days work include the theme or concept of the word “Refreshing”.

## *Final Thoughts*

I wish you so much luck and joy on your journey of creativity. I sincerely hope that this course has taught you a little more about yourself and a little more about your artistic dreams. Please remember this: it is all about the journey, not the destination. This journey to your most creative, most authentic self is never ending.

There will always be more to learn and discover. Don't run away from or rush the process.

My Best,

Maegan Beishline

[Madeline Bea Photography](#)

[www.madelinebea.com/blog](http://www.madelinebea.com/blog)