

Author Creative Well-being Toolkit

RESOURCES TO FILL YOUR
CREATIVE WELL

by Elisabeth Kauffman
ekauffman@writingrefinery.com



Creativity is an act of self-love



ABOUT ELISABETH

Elisabeth Kauffman is an editor, an author, and an artist. She grew up reading Mary Stewart, J.R.R. Tolkien, C.S. Lewis, and the like. Now she edits novels and memoir for independent clients as well as publishing companies, and coaches writers to find their voices and connect to the magic in their creative lives. She is the social media director for the San Francisco Writers Conference and regularly obsesses over board games, Doctor Who, and Harry Potter.

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You're already on my mailing list, now follow me on Instagram (@fairbetty) for visual inspiration, for musings on how all art is connected, and for ideas on how to enhance all areas of your creative life.

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How to use this toolkit

Whether you write contemporary romance, literary fiction, epic fantasy, or prescriptive non-fiction, as an author you use your creative brain every day. If you forget to check in with yourself on a regular basis and care for your creative spirit, it's easy to feel like you're losing touch with your creative spark.

The ideas shared in the next few pages are designed to serve as a jumping off point for deeper creative self-exploration and self-care. You should modify and add to each activity, tailoring it to your own creative needs.

Most importantly: Listen to your creative self. You already know what you need to nurture your creative well-being. You only need to trust yourself. You have what you need inside you.

K E Kauffman

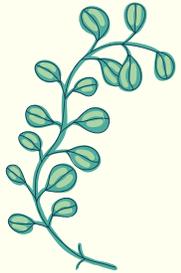


Think outside the box

When you're feeling creatively spent, what can you do to make space for yourself? Start with these simple ideas.



Change your routine.



Take a break.



Try painting or drawing.

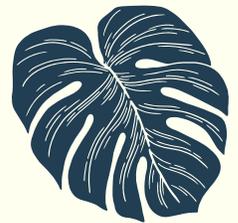


What else?

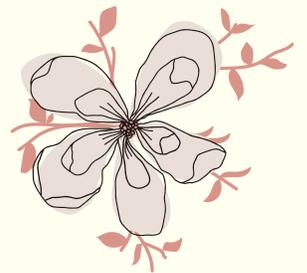
Drink water.



Go for a walk.

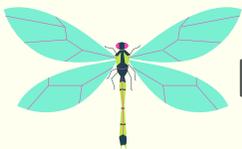


Do a puzzle.



Meditative Questions for your creative soul

Find a quiet space and a few moments of uninterrupted time to ask yourself the following questions. Try to remain open and curious about the answers.



How am I honoring my creative self today?



What creative action can I take today that will bring me joy?



How does my mindset in this moment encourage or limit creative action?



When I meet resistance, how can I recognize and investigate that feeling to learn more about my creative process?



What is one creative step I've taken that I can celebrate today?



How am I showing up for myself today in a way that makes space for creativity and ease?

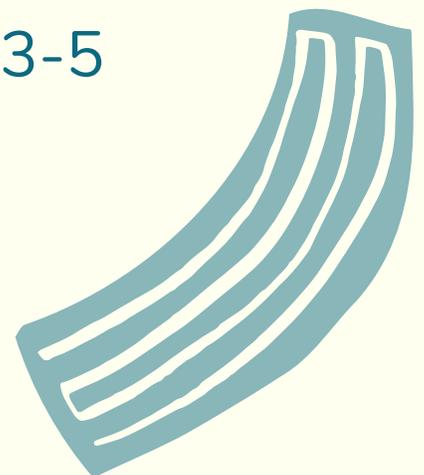
Creative Visualization



Find a quiet space and a few moments of uninterrupted time to do the following visualization. Try to remain open and curious about what your mind reveals.

Close your eyes and think back to the last time you felt truly inspired or in touch with strong, positive emotions. What were you doing? Where were you? Who were you with? What sounds do you remember? What about smell, touch, taste?

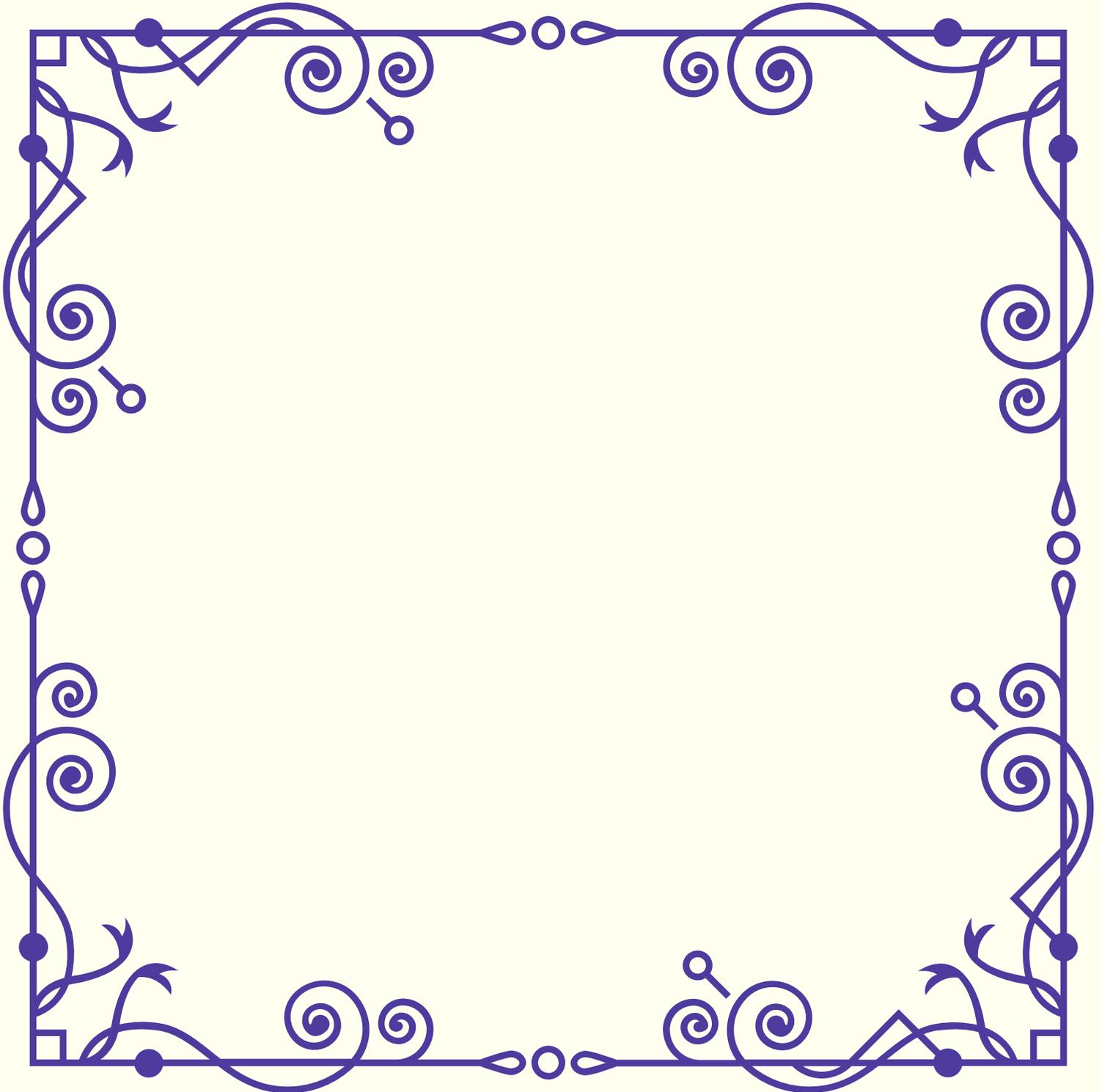
Allow yourself to connect with your senses around this memory. Don't try to write it down just yet. Spend 3-5 minutes immersing yourself.



Creative Visualization



Now write down the scene that you just recalled. Or better yet, draw it! Stretch your creative senses in new ways. There's no judging the outcome. Just play.





Creative Mantras

Mantras are a fabulous way to rewire any patterns of negative thinking. Repeat them over to yourself and focus on creating the energy you want for your creative practice with these, a few of my favorites, or create some of your own.

I don't have to be perfect to be doing it right.

I have permission to ...

I will not allow my fear to hold me back

Creative play is essential to my artistic well-being.



I make space for inspiration in my everyday life.



Creative Mantras

Write your own creative mantras here

