

CULTIVATE YOUR CREATIVE MINDSET *Challenge*



5 KEYS THAT WILL
UNLOCK YOUR CREATIVITY
& FREE YOUR FLOW &

Magick!

CULTIVATE YOUR CREATIVE MINDSET *Challenge*

Hey there! Welcome to your 5 Mindset Keys Challenge. To let you know, this is a portion of the original 23 Keys to Cultivate your Creative Mindset Challenge.

Even if you work with just these first 5 Keys you'll give yourself so much leverage to grow your creativity, creative mindset, and business.

To get the complete video course or join a live run of CCMC with Michelle please visit www.soulpours.com/CCMC23KEYS

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WELCOME TO THE CHALLENGE!

It's wonderful that you are here and ready to take on this challenge to spark your creativity and cultivate more of your creative mindset. I see you brave one!

Before we begin, and just in case you're like 'what the flip is a creative mindset anyway and why is it important for me to spend energy and time cultivating mine?', let's illuminate some common blocks or negative beliefs that often happen when we aren't cultivating one.

I also want to point out a few huge benefits you'll get from doing the inner and outer work to live and create more through a healthy creative mindset.

Top 3 Blocks

- Self Doubt
- Self Sabotage
- Feeling Confused, Helpless or Hopeless

Top 3 Benefits

- More Trust
- More Self Awareness
- More Positive Feelings & Sense of Self Empowerment

Ooooooof. Those are heavy hitters on both sides of a pros and cons sheet and some basic but often underestimated straight talk, eh?!

It's also probably a reason you were drawn to this challenge because you know in your heart that your value for creativity and your gorgeous spirit is ready to be more free, more expressive, more trusting of yourself, and way more successful in the ways that you want that to mean in your life and business.

You're a soul-fully passionate, smart, full of magick, highly creative, and huge hearted woman. You KNOW there's more for you. And, dear wild one, it's time to get out of your own way so that happens more. Ya with me?





And of course, let's talk about the obvious and oh so colorful elephant in the room. Cultivating these creative mindsets will help you be far more creative, and even have that energy on tap 24/7 at your inner bar for beauty, bliss, boldness, abundance, and brilliance! Plus, grow another B and that's your bank account baby!

(Bdubs, one of my creative ways to play and passions is the study of words. I also have a penchant for iteration . . . so consider yourself (quirkily) fair warned 😊)

But to spell it out crystal clear so you can feel into your super power are these facts that I believe and stand for at Soul Pours;

Your creative mindset is one of the most powerful forces you have available for creating your life. It's also a deep well for resilience and healing when things aren't happening in the way you wished for or want.

Also, you'll hear me say this heaps in the course, but to clarify now so that you know you're in the right place. How I work with creativity and flow is that;

Creativity is a mindset, an energy, a value, and a way to relate to yourself and life itself. You can be creative and not be an artist of any sort. *Applied creativity* is DOING creative things practices and processes.

A *creative mindset* is BEING and LIVING with the power of creativity as a life force and a flow state that fuels how and what you create in both art and the art of your life.

You are a creative, a creator, and a channel for creation itself when you cultivate a creative mindset.

You know, just a little everyday amazingness super power soul stuff like that ;)



The 23 Keys are a complete system for transformation. Imagine if you could clear 23+ negative beliefs and replaced them with positive ones? That alone would create huge results, right?

Each Key is a game changer in and of itself. With these first 5 you will have so much already to work with as they are 5 power packed ones to not only start with but to go as deep as you wish with. Any 5 of them will help you when you feeling stuck or stagnant in your creative outlook and output.

Speaking of stuckness, below each Key you'll find a couple options for underlying negative beliefs that can cause blocks in that particular Key. Some of us need to see the problem and others look for the missing solution.

For that purpose, both are provided to make it easier for your cognitive style. You can go as far with these Keys in your life as you please. By doing this challenge you have a guided way to start to play and practice with them.

You'll find that the Keys are nothing secret or complicated. In fact, they are quite innocent and common sensical. But with all things common sense, they're therefore super powerful states of mind, awareness, energy, and perspectives. By working within them you can change and create anything you want . . . if you let them.

A Suggestion if Flying Solo through this Challenge

After I introduce myself to you on the next page you'll find instructions on how best to roll with this challenge. However, there's one thing I want to say right now as a wee pep talk.

If you are doing this solo because you didn't catch a live version with me or you bought it as a way to spark some changes, you'll want to be extra committed.

We both know that the best of intentions can go slack when we don't give ourselves the right kind of support. Accountability is huge for some of us who aren't big self starters or are low on implementing if left to our own devices.



If you are that person, do schedule time in your planner and turn those notifications on. Maybe get a buddy or your partner to buy the challenge and do it together. There are Logs in the workbook as well to help stay the course.

Because here's the thing. You probably know the fact that it takes 21- 28 days to change bad habits and create new ones. And 90 days to truly create a new lifestyle. These 5 are a starting point, but please don't underestimate them or yourself in working with them. They are foundational to stARTing. 😊

Even 5 days of concerted change helps your brain and thoughts shift out of old grooves and starts to build up your trust and self confidence again by doing consistent, self reflective processes, and by taking short, consistent action.

My wish for you with this 5 Keys to Cultivate a Creative Mindset Challenge is that it will positively add to your capacity for more self trust, growth of your self awareness, and leave you feeling inspired to courageously step up and out way more with your unique brand of creative expression and empowerment in your life and business.

Plus, on the everyday practical level, it sure will help shift some stuck stuff and make room for new energy and ideas to flow to you if you do the prompts. There's literally 15 chances to do so coming up.

Here's to finding your flow!

Michelle★

Creativity is conjured courage in action
- Michelle





Hey Luu!

I'M MICHELLE

It's lovely to meet you and thanks for being here in the CCMC! A little about me in case we are new in each other's world.

I'm an artist and creative mindset mentor. I teach fluid artistry and work with female entrepreneurs to help them heal and open channels for more flow in creativity, connection to magick, and in money matters in life and business.

I've been in the world of creativity, coaching, and entrepreneurship, especially with aspiring, ambitious, and heart centered women, for a few decades now since hanging my hat up in clinical psychology.

My background has been quite diverse (oh the wild jobs I've had!) but mostly has been in healing in fields like herbalism, massage therapy, teaching, somatic psychology, and intuitive energy work and spiritual counseling.

Possibly like you and many other creatives and entrepreneurs, I've also done the total burn out, the hard as flip failures, and the resilient reinventions time and time over.

I've coached countless others through such adventures in the personal growth path, a.k.a. entrepreneurship, as well.

In 2020, after the world as we knew it look a hard left, and due to the same happening concurrently in my personal life, I dove into fluid art as a way to create beauty and heal the utter loss of what I thought was in my control.

And in so doing reclaimed the power and magick of my creative soul again, and for that I am eternally grateful.





Set yourself up for Success

THE DETAILS

You'll get emails with the links to each days challenge materials.

Here's how we'll flow:

- 1. Workbook** Click the link in your email for the PDF of the day's KEY. Print it up or you can fill it out directly on the PDF. Click below the prompts to get a typing box. *NOTE: save it first. Anything you type into any browser will not save.
- 2. Video** Watch your 6-10 min, video on the each Key. The link is found in your daily email. You have a page to jot notes & inspirations.
- 3. Prompts** Do your daily prompts. If you can't right away then make sure you have it on your schedule to do that day with a notification set to remind you.
- 4. Track** When done log your progress. At the end of the week do your reflections.
- 5. Share** If you are doing a LIVE round, share any AHA's and insights in the Facebook group. Or share with your challenge buddy. Or have a CCMC journal to capture anything you want to remember.





TIPS (a.k.a. Trust In the Process)

AND PLANNING

How we do things is an essential secret sauce for what we actually get created and completed. See, getting into flow isn't only a sometimes hard to find, or just if we get lucky, heightened state of performance and productivity kind of thing.

It's also a mindset and choice to make yourself available to find it by showing up. Because FLOW is always available as a pure and powerful applied, intentional, and receptive energy.

Here are some TIPS for planning:

- 1. Schedule it** Give yourself time to complete your challenge by marking it off in your calendar. Turn your notifications on. 20 - 45 minutes each day should be enough!
- 2. Create Easy Efficiency** All emails you receive from the course will start with #CCMC. Create a folder or Smartbox in your email using #CCMC in the subject line to direct them into one place for easy finding.
*Remember to check your spam folder if you don't see emails
- 3. Prioritize YOU** This is 100% for you. That's why you were drawn to it. So own that by making yourself and your process in this self discovery mini program front and center.
- 4. Be ALL IN** This is one of my creative battle cries and the real challenge in most things we want to feel and achieve in life. So choose to be ALL IN for the next 5 days. Pour yourself into this mini challenge experience and your desired outcome (Bdubs, you'll be identifying that in your workbook)
- 5. Create your Inner Container** Create a safe space within to keep it real with yourself. Commit to discovering your truths. Call on your brave bits.

And fill your container up to the brim and then flowing over with self empathy for any tough stuff that may surface.



Pre - Keys

INTENTION SETTING

Before we invest our energy and time into consciously creating any changes we must ask ourselves the crucial Q . . . WHY? It can be as big or small as you like but don't skip this part as it sets your stage moving forward.

Riddle yourself this . . .

Why do you currently wish to be, think, and act more creatively?

What would you gain if you were 28 days from now?

How do you imagine that would make you feel? What's your desired hope?

My WHY Musings

1.

2.

3.

My Summarized Ideal Change





Next is the *fun* part of looking with clear and honest eyes and admitting what's currently getting in the way of your WHY. This is not an opportunity to go into a shame spiral, so please tell any skeptic or inner jury member to back off for a hot sec. Stay as neutral as possible.

This may also change as you go thru the challenge because resistance can be slippery like that. So don't get too attached to getting this right. Just be honest and name a few physical, emotional, time related, negative belief, practical, or just plain old lack of skills or knowledge/experience that's getting in the way.

What are 3 thoughts that come up as naysayers/ fears/ obstacles when you consider creating and going for your WHY?

Naysayer Ramblings

1.

2.

3.

Resistance Summarized

Identifying this now creates awareness so that you can catch it and course correct by practicing any of the Keys as needed ;)





Begin

CCMC STARTS NOW!

Let's stART shall we?! Today is your first day in the challenge and I'm bursting with anticipation to see how your creativity (and more!) gets flowing from these 5 Keys and 5 day challenge.

I say 'and more!' because this isn't just about being more creative. You're beginning a challenge that will help you move stuck energies so that you can make more space to receive and flow 😊.

Cultivating a creative mindset will lead you to incredible personal growth and awareness. And dare I say? . . . oh yes I do! . . . to greater self love and self acceptance as well. Creativity is an age old path for growth as we create change and, if it's your jam, also create gorgeous art.

For those of you who are building something big from your heART as an entrepreneur? Know that a creative mindset is an empowering path to help you create more with way more fun, ease, joy, and, in turn, profit.

Because guess what? Money LOVES creativity because it is a creative energy unto itself!

Before we begin, let's start with a Key Zero. You'll hear some serendipitous magick in the challenge that happened the 1st time I offered CCMC. It has to do with the Tarot and the symbolic archetypal cards of the Major Arcana.

No worries at all if you don't know a stitch about the Tarot. It's a metaphoric language for life and spiritual development and is explained in a very simple manner where it happened to align with the creation of the Keys. You can think of it as a luckily layer of extra guidance and divination.

"Passion is energy. Feel the power that comes from focusing on what excites you."
- Oprah Winfrey



Begin

CCMC STARTS NOW!

Like the Fool card that begins the whole metaphoric journey towards wholeness in the Tarot, our Key Zero is . . . Beginnings.

That could sound a tad daft to you. No offense taken if it does friend! But it's so easy for us adults, with all our experience, know how, and, for better or worse, conditioned expectations, to let ourselves be in beginners mind.

The Fool card also is symbolic of FREEDOM and FREE SPIRITEDNESS. Like you, which I can assume since you were drawn to this challenge, those are things I want more of. They're not only values, but core motivators for most of us creative souls.

So, to make it easier for yourself at the get go Luv, choose a mindset where all creativity comes from anyway . . . an open and receptive beginners mind.



Your instructions each day are simple: watch the short video on each KEY and do the 3 prompts. Work within your workbook to journal, track, and reflect through out the challenge. Stay in touch with your intention.

- Journal on the Provocative Question
- Do the New You Action
- Do the Mystery Bag Option
- Stay accountable by logging your progress

If you are in a LIVE run of the challenge then also:

- Show up in the Facebook group for LIVES with Michelle, to connect with others, and to share your aha's, miracles, and mindset shifts.

Onwards!



Embrace Mistakes

Blocks

Perfectionism

Pressure to perform

Fear of criticism/judgement from self and other.

Creativity, at heART, is a processes of learning to fail forward. Making mistakes is how we learn and how our brain stays adept. As babies we did this naturally and developed walking, talking, and knowing that we were separate little beings from our caregiver because of it.

But, as we grew older and more socially sensitive, as well as from any sort of traumas, many of us learned that mistakes meant rejection and criticism.

But without a mindset that allows you to embracing mistakes more, creativity and change will stay stuck because they both happen from making mistakes and adjusting accordingly. Your brain is wired to learn thru making mistakes and we need novelty to stay curious and growing. You actually are designed to do it!

Cultivating this mindset is a key to your creativity and the art of creating your life.

? Provocative Question

What in your life would benefit from way more freedom to screw up, F up a little, make mistakes and be OK about it, even thrive more because of it?



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😊 New You Action

Do something intentionally badly or awkwardly today. Screw up on purpose. Try doing something out of routine or out of order. Some suggestions;

- don't make your bed or make it sloppily
- doodle with abandon
- Move your garbage can to a different spot can for a few days
- try to draw something in your house, a still life sketch
- wear your clothes backwards or inside out
- don't clean the kitchen to spotless, leave a few dishes around
- blurt something out to a safe friend or group without self editing
- paint poorly - don't try to get it right - actually try to get it wrong

🛍️ Mystery Bag (Mindset - Magick - Money)

MONEY - Take a tiny step closer to correcting a financial 'mis-take' from the past. A time you didn't take something or took the less than honest path.

As ideas . . . start that conversation you've been avoiding, check your balances, offer that offer even if it's just to one person and they might be a friend of yours, or write a kind letting you off the hook letter to your younger self who didn't know any better at the time.

Let yourself forgive yourself in some way and also identify what you learned about yourself from the 'mis-take' in your journal.

Mindset + Creativity = Magick and Money



california

Notes & Inspirations



Negative Expectation Eliminator

Blocks

Fear of being disappointed again

Fear of getting started

Waiting for the other shoe to drop mentality

Oooooof, in truth, this is one of the hardest keys for me. As a kid and then adult that's moved A LOT (30+ times) my sanity saver with 16 international moves before I was 18 was my mom's ability to reassure my siblings and I with happy promises that the next place would be the best one yet.

And sadly, one of my core wounds growing up was that I was expected to fail and, if I could amount to something, it would be best if it was anything other than a creative. So due to that I've done much inner work around the power of expectations, both the positive and the pressured AF ones.

Negative expectations simply come from wanting to protect ourselves. Creativity is a huge healer of our doubtful expectations because when choosing to be or be in the mindset of it, you'll gain evidence of when you tried, risked to believe, and then did it or received something you didn't expect that blew any of your doubting socks clear off.

Cultivating this mindset is a key to your creativity and the art of creating your life.

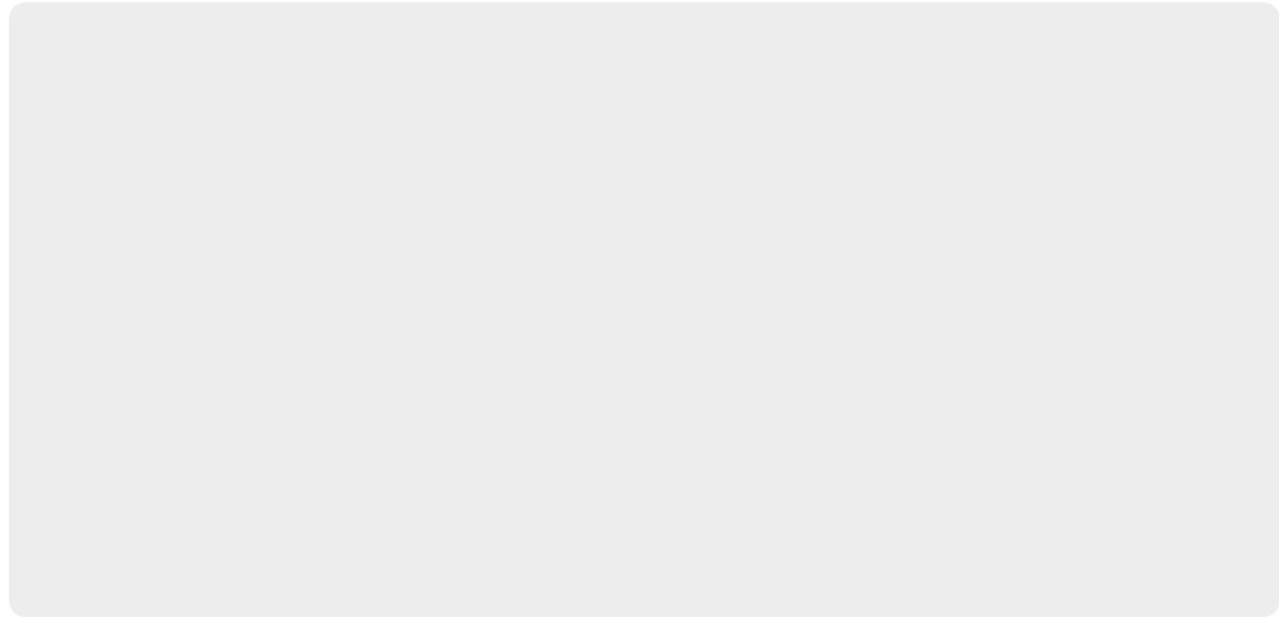
? Provocative Question

When it comes to being more creative or creating what you want more of, and you feel into it for a sec, what's the instant naysayers comments on what that means? Don't overthink, just add your gut response.

What could you positively expect it could mean instead for you and/or your life?



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😊 New You Action

Practice the power of May-Be Magick. I prefer to use this instead of 'what if . . . ' because that tends to put our brains into a this or that cognitive state. Also, 'what if' can get the fear brain going because it's usually what we say unconsciously when we're worried or in worst case catastrophizing.

Take a smallish issue or something you've been dealing with lately, like for instance feeling stuck in an aspect of your job or self care or creative project. Jot down 5 negative expectations about it and don't be polite. Let it rip and drip with negative expectations. Better out than in as they say!

Then breathe for a few, settle inside, and pose the May Be Magickal Q like this

. . ."Even though I don't know what's going to happen and that's also OK, what MAY BE also true and possible about this?"



mindset

Let yourself riff with positive May Be's. Write them down. Say them out loud too. When you feel the one that zings with aliveness/hope/joy/peacefulness/yesness in your body sensations go DO something about it right away (if you can) since procrastination is just doubt in action.



Mystery Bag (Mindset - Magick - Money)

MAGICK - remember something in the past when a project, creative pursuit, work situation, or relationship worked out way better than you expected. Feel the emotions from it.

Now, using your imagination or in your mind's eye, merge that feeling with an image/sensation/feeling of something around the current issue that you'd like to positively expect.

Feel, see, sense it coming together in harmony. Place your hands on your heart and say MAY IT BE SO with an exhale and release of the energy.

Mindset + Creativity = Magick and Money



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Notes & Inspirations



Curiosity Cures

Blocks

Using defensive know it all-ness

Negative expectations

Fear of being made wrong when sharing unique self

I feel there's no accident that cure and curiosity have the same root word. And whoever said it kills cats doesn't know stealthy AF cats very well, hahaha!

Curiosity is linked to wonder and the beginner's mind. It's a freeing not knowing type of energetic state that taps into the inherent joy and delight of innocence.

When you take your adult self who's learned a thing or two and combine it with your creatively curious, playful side, you end up with a powerhouse for potential on so many levels. Curiosity also keeps you in the NOW like no other.

Curiosity isn't just for kids. It is the pure flow of energy underneath every creative hunch, innovation, invention, and connection. It fuels evolution itself.

Cultivating this mindset is a key to your creativity and the art of creating your life.

? Provocative Question

What were you naturally curious about as a kiddo? Where in your life today do you crave more play? If in any way, does your inner child curiosities connect to the second question and how?



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😊 New You Action

Oooooooo, this one may make you squirm a little! Today your NYA is to reach out to at least 1 person you've been curious/intrigued about and make a connection.

Ask them questions about themselves, be a good listener, pay attention to how they speak and their general body language. Be like a child asking any question that sparks your curiosity. And pay attention to how you experience their energy and what it sparks in you.

If you need or want an alibi, go ahead and tell them you're doing it as part of an experiment in your creative mindset challenge 😊

🛍️ Mystery Bag (Mindset - Magick - Money)

MINDSET - Allow yourself to watch a video on something you've always been intrigued by but judged yourself about wanting to check it out. It could even be a morbid curiosity or something taboo.

Just suspend judgement and, like the New You Action, stay curious about what you discover and also notice about yourself and how you respond to it.

Mindset + Creativity = Magick and Money



Notes & Inspirations



Action Activator

Blocks Resistance to responsibility
Fear of unintended consequence of change
Fear of failing

This key is about doing. Flow finds us in both being and doing, but often it's the doing that we resist most because it requires us to try new things. Creativity doesn't happen by itself. A force, disruptor, or action is needed to get balls rolling, energy flowing, and creativity purring.

But let's not confuse this with being 'busy'. Taking action in creativity is ALL about taking risks. As the saying goes, doing the same thing over and over and expecting different results isn't creative doing.

What it is is; control, habit, or fear/stuckness. Creativity is change in action and asks you to act if you truly want to see and feel things differently.

Cultivating this mindset is a key to your creativity and the art of creating your life.

? Provocative Question

The last time you did any applied creativity (art making) what were you hoping to realize or feel differently about in yourself and life?

If you don't do art - If you did an art form you found fulfilling, what would you hope to learn about yourself in doing it?



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😊 New You Action

Nix the Niggle. In essence, this old word means, 'stingy', and in old Norse *nigla*, meaning 'being busy with trifles' (btw it is not related to the racist word that came from Latin *niger*, meaning 'black')

You know that little thing that's been poking your mind to get done already? Pick one and just doooooo it. Free your energy up so it can get activated somewhere else and shift things, even in the littlest of ways, instead of staying stuck in the rut of a repeated avoidance loop which is costing you energy.



Mystery Bag (Mindset or Magick or Money)

MONEY - This can be an incredibly revealing exercise. You can start with either, but do both sides of this convo for the biggest R.O.I. (return on investment).

- Write a letter or note about how you feel about money and the money you have or desire as if it were a person you were in a relationship with.
- Write a letter or note to yourself as if you were money talking about how you're treated and what you want from the relationship.

Mindset + Creativity = Magick and Money



Notes & Inspirations



Chaos Container

Blocks

Questioning inner strength

Fear of focusing your energy & fear of deciding

Fear of losing control

Chaos, at its core, means a gap or wide open space. For instance, the big bang was a chaotic quantum event. So being creative is an act of making something take form from chaos. We also use creativity to funnel, contain, and heal emotions that feel chaotic and overwhelming.

When you are creative in action and mindset you are open to learn to work with the power of chaos. You learn to funnel and contain it, not be overwhelmed by it. You could even say that creativity is a way to 'control' chaos.

Cultivating this mindset is a key to your creativity and the art of creating your life.

? Provocative Question

Quantum Physics rabbit hole time. **Chaos theory** means a tiny, insignificant event or circumstance that can have outsized influence in shaping the way a large, complex system evolves into the future.

What tiny act, choice, or idea, if you decided to create and contain it through your attention/care/commitment, could have a huge influence in shaping something in your future?



😊 Time to do a little but intensive decluttering a.k.a. chaos control. Have a drawer, closet, bookshelf, or room that's cluttered and overwhelming you? Contain that shizzle babe!

Spend 30 minutes today (set a timer if need be) and declutter like a wild woman! Bring some creative containment to the chaos that it's causing in your mind and space from avoiding it.

🛍️ **Mystery Bag (Mindset or Magick or Money)**

MAGICK - Grounding & clearing exercise. Stand and walk barefoot on grass or dirt for at least 10 minutes. Rub your feet on the ground like you're doing foot exfoliation.

Declutter your energy body by letting yourself release the gunk of worries, fears, and frustrations into mamma Earth to be recycled (she can take it).

Visualize it pouring out of you. Then open your arms and stance like a star to be poured back into by life's love and light.

Blessed be.

Mindset + Creativity = Magick and Money



Notes & Inspirations



Learning from YOUR ACTIONS LOG

KEY 15 - 20

Date	KEY	✓ Prompts Done	Brief Key Learning?



5 KEYS REFLECTIONS

What did I discover this week that feels the most surprising to me? About myself?

Empty response box for the first reflection question.

Which Key felt the most inspiring? The hardest?

Empty response box for the second reflection question.

What's something I could do differently starting today that would help me keep cultivating my creativity and mindset?

Empty response box for the third reflection question.



You Did it
Congrats Luv!

You made it through the 1st 5 Keys of the 23 Keys to Cultivate your Creative Mindset! Congrats on your consistency and mindfulness in sticking to it. Good on you friend!

With this daily process you've given yourself the opportunity for greater self awareness, creative empowerment, and, I'd wager, even some self healing by shifting some stuckness and trying some new things out.

You can continue to use these mindsets anytime to create more freedom, fun, and flowing magick and, of course, money too, for what you desire and ready to create in your art and the art that is your life.

I celebrate you and all the changes and empowerment you'll continue to experience as you cultivate your creative mindset.

Blessed Be and so much love,

*Michelle**



Pour yourself ALL IN to what makes you feel alive!



Interested in more ways to work together?



Take the full 23 Keys Challenge or LIVE here or join at www.soulpours.com/CCMC23KEYS

For just starting out to gaining some serious creative chops, take my complete fluid art course; [The Quintessential Course in Fluid art.](#)



All you need to start as well as go deeper in a paint pouring practice

Want LIVE monthly inspiration, instruction, and creative community for fluid art and finding creative flow?

Join my membership (opens periodically) at [Soul Pours Academy.](#)



Looking for a witchy, wonder-full, and whole hearted 6 week LIVE course & to transform your creative & money mindsets so that you can create more success as the magickal woman you are? Then come [join F.L.O.W. Club](#)



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Join my Free & Private Find your Flow Facebook group

[Join Here](#)



CREATIVE CHALLENGE

Next Steps Planner



My Top 3 Inspired Ideas

One Next Step for Each

What I Want to Remember

-
-
-
-
-
-
-

Resistance I'll keep aware of:

Most essential MINDSET KEY(S) I'll use to move thru resistance:

How I'll celebrate:

My Creation Due Dates for Each

How I will keep track & accountable