



# 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?



### 😊 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