



The Unplugged Creative

RECONNECT WITH YOURSELF, YOUR CRAFT AND YOUR COMMUNITY.

Week 2 - Beliefs

After going through last week's exercise you can clearly see that we are all a little *too* plugged in... and the impact it's having on your mind, your body and your creative work. And I'm sure there are some thoughts that are coming up both good, and bad. Those thoughts are the result of what you believe about connection, technology and your creative work. Remembering that our emotions are driven by what we believe, feel free to explore anything that comes up during these journal prompts; your thoughts, voices in your head (like parents, friends, coworkers etc), and your emotions. Let's dive in and see what we can uncover.

- 1) What are your beliefs about connection? (Journal on what connection means to you and explore whatever comes up, especially if it's something negative and / or related to technology).

- 2) What do you believe about social media? (This can include how you feel about it, what it means to you, how it makes you feel... again, we want to uncover anything that's coming up here so we can understand the impact it's having on your life good or bad.)

- 3) What do you believe about the work you do? (This is a doozy and I encourage you to explore the depths that this question can take you to. So much can be uncovered!)

- 4) What do you believe about how you do the work you do? (Some things to consider here would be when you do your best work, the circumstances around that, your process, your distractions, your desires, your weaknesses... again this is another question that allows you to go deep and truly explore in order to uncover your power and the things that may be holding you back from that).