

CREATIVE PRODUCTIVITY

By Celia Barsby

Do you have days when you feel stuck, when you just feel like you're getting nowhere? You know, one of those unproductive days?

I admit that I do have those sorts of days. We all do. We get stuck when we listen to old stories, you know, the ones about the way we should be working, how we should behave, what we should be achieving, what we should be thinking or saying or doing. I recently came across a children's book which belonged to my father. So it must be close to 100 years old. It feels so outdated. The images and words are really quite uncomfortable, almost offensive to see and read. They jar the emotions because the world is different now, and rightly so.

What are the old stories you are telling yourself?

Be quiet.
Don't make a fuss.
Don't rock the boat.
Stay out of trouble.
Do as you're told.
Be a good girl or boy.
Play by someone else's rules.
You're not good enough.
Do more.
Feel less.

These are the sort of old stories limiting beliefs which can simply bring us grinding to a halt.



So how can creativity transform our relationship with productivity?

What do I mean by creativity? Well, I don't mean you have to be the next Leonardo da Vinci or Agatha Christie!

Creativity has the power to inspire and encourage you. You call on your imagination, your inventiveness, and your ability to see different outcomes.

You start thinking outside the box.

You see solutions to problems.

So how can you stretch your creative muscles? Well, you're doing it right now by taking this break.

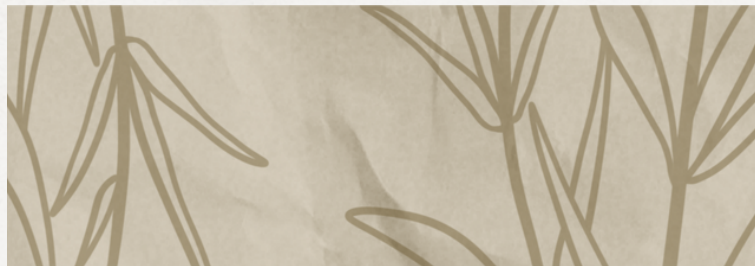
Whenever you change activity or do something different. Your creative juices start to flow.

Our subconscious mind gives us information through symbols and colours. You might be walking while enjoying your break or planning a walk later. Whenever you're able to spend time in nature, this connects you to your creative self.

When you practice creativity, you move through the space of the unknown.

You get to do things differently.

You get to use new tools and learn how to use them efficiently.



*You don't have to do things
the way they have always
been done.*

The world is changing and shifting, and the old tired, worn out stories are just not true anymore.

You have permission to speak up.

You have permission to speak your truth.

You have permission to reshape your story to change direction.

You have permission to change your lifestyle or your career.

You have permission to listen to your own inner wisdom over the voices of old stories.

When I gave myself permission to live my life with creativity at the centre, to have a creative lifestyle, I discovered my authentic, rebellious, quirky self.

I would love to invite you to step through the rickety gate of your creative heart space, and open your pathways into your soul's magical garden where productivity is flourishing.





My name is Celia Barsby. I'm the author of the Amazon number one bestseller, The Garden Party, creator of the Garden Party Adventure Oracle Deck and the Free to Be Me program.

- CELIA BARSBY

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