



Sweet Spot Careers

www.careerredesign.com.au

Section 4 Step 2 Get To Know You

Lecture 4 Document

Applying the Creative Elements to the Activities

“ You’ve got you find out what you love...the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do”

Steve Jobs

The Seven Creative Elements are referenced from Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Your Life, Fred Mandell PhD and Kathleen Jordan PhD.

Applying the Creative Elements to the Reflective Activities through Preparation

Before you start on the self-reflective activities, let’s introduce the first of the creative elements and apply this to the reflective activities.

Preparation activities and practices help us break from our usual pattern of thought and feeling and prepare us for creative insight.

During preparation we:

- Let go of the need to come up with an immediate solution
- Are more engaged in activities that stimulate creative insights
- Engage in physical or mental activity before considering our problems
- Engage regularly in mind and body practice

- Engage in a variety of creativity triggering activities.

Have you ever noticed that your best insights happen when you're doing seemingly mundane activities such as taking a shower, a walk, or washing the dishes?

Think about preparation for these activities – what triggers assist you to prepare?

- Movement triggers like jogging, walking, swimming, yoga, going to the gym
- Spiritual triggers like mediation,
- Musical triggers,
- Water related triggers like soaking in a bath,
- Repetitive movement triggers like knitting,
- Surrender triggers like letting go of control over a personal or work related problem.

This preparation element not only provides perspective during these challenging periods but also acts as a source of renewal. Preparation brings fresh insights into our awareness, reduces stress and enhances our ability to navigate life change more easily.

Although some level of stress is needed for any creative pursuit, if we stay in stress or tension we risk being isolated from ourselves and others and cut off from our creativity.

Ninety per cent of our response to stress is unconscious. When the mind and body are under stress negative physiology takes over and we become self-focused. Stress cuts off our ability to do higher cognitive thinking such as problem solving because 'It's about me' and we can't solve problems effectively if we are focused on 'me'. Commit to regular preparation practices and determine which are effective for you.

Try out this preparation practice before undertaking the activities:

Turn Down the Noise

Turning down the noise, expressed by Dr. Ken Robinson, will work best if you get to explore yourself, get to know yourself and spend time with yourself. That means apart from others and their opinions of you.

We do recognise that you have responsibilities that impact on others. You will have time to see how your career decisions could impact on others in your life.

We also recognise that digital technologies tend to draw us constantly outward to the external world rather than inward to what lies within us.

Both of these can mean we can lose perspective and lose sight of who we are.

So what's the point?

These add up to 'noise' and possible distractions. For these reflective activities try to create a time and space to be alone with yourself, to experience who you are when no one else wants anything from you.

Applying the Creative Elements to the Reflective Activities through Seeing

Before you start, consider the value of 'seeing' and apply this to the reflective activities.

Seeing is having the ability to discern new connections, gain fresh perspective and stay alive to new possibilities.

When seeing in the creative sense, we:

- Notice aspects of situations that other people don't seem to see
- Don't make assumptions before the full picture emerges
- Are aware of at least several ways of interpreting a situation
- Pay attention to what is missing and not obvious about a situation
- Detect connections between seemingly unrelated things or ideas

Consider these seeing prompts – do any resonate for you?

1. It's a Two Way Journey

Finding what you really want to spend your time on is a two-way journey. An inward journey explores what lies within you- your thoughts, moods, feelings and sensations. An outward journey explores what opportunities await in the world around you- the world of other people, events, circumstances and material things.

The outer world was there before you were born and will continue after you are gone. You perceive the outer world through your physical senses and you make sense of it through your values, feelings and attitudes that make up your worldview.

So what's the point?

To look and work out where you could be, you have to explore both of these worlds. You need to assess your own talents and passions (inner) and you also need to look creatively at opportunities in the world to fulfill these. (outer)

2. Consider your Self-Assumptions

We see the world around us from the perspective of the world within us. These shape our worldview. We interpret our experiences through patterns of values, ideas and beliefs. Our culture, the times we live in, our own dispositions and the how we act are affected by how we think and feel.

Think about how you see yourself and your self-assumptions. You may think you have no special aptitudes, talents or passions. You may have told yourself you're not good at something that you would love to try but you haven't.

All the stories we tell ourselves about ourselves can stand between you and finding your passion.

So what the point?

Consider how you see yourself. You may have to challenge ideas about yourself that you and others have taken for granted. It's also about challenging people's assumptions about what you are capable of doing that you've absorbed over the years.

3. What's Your Inner Story?

Challenge your own beliefs about yourself. Whatever your age you've most certainly developed an inner story about what you can and can't do. You may be right of course and you may also be misleading yourself.

So what the point?

Think about asking how your views about yourself formed, are there ways of developing skills and talents that you might enjoy and learn about yourself in the process? Are your views limiting you from exploring a project or role?

4. Are You a Leaper or a Planner?

Once you've arrived at this stage of working through what's next, there are two ways to go forward. You can leap or you can carefully plan the next steps.

If you're a **leaper**, when an opportunity arises you plunge right in. After the initial leap you may find that you dig into role for a long period, having found the right place. Or equally you may step back and assess and find that this was the first step to a longer journey.

If you're a **planner**, you do your homework and come up with an idea, then research the options about how to make it happen. You may have decided that the time will be right when *<insert>* your children are at university, you have paid off the mortgage ... or other.

You may have decided you want to modify the way you work so you have time to undertake an internship or volunteer work, or build up a skill with extra training.

So what the point?

Either way is okay, some people plan for some time and others slide into a new role. Others need to shake it up every few years. You know the trade offs you need to make and sometimes transition just takes longer to undertake.

As you explore the reflective activities, notice what you see. Be aware of your own approaches to how you see a new undertaking or a new challenge.
Don't judge it, just become aware.

References

There are also a number of references that you might be interested in following up as additional reading:

Marci Alboher The Encore Career Handbook: How to Make a Difference in the Second Half of Life
Workman Publishing 2013

Fred Mandell PhD and Kathleen Jordan PhD Becoming a Life Change Artist: 7 Creative Skills to Reinvent Yourself at Any Stage of Your Life
Penguin Group 2010

Dr Ken Robinson The Element: How Finding Your Passion Changes Everything
Penguin 2009

Dr Ken Robinson Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life
Penguin Group 2011