

## **How to use this book**

TRY, EXPERIMENT, take baby steps or put your seat belt on! RISK, get muddy, have fun and try again. Be playful!

Remember that your life is a journey that is uniquely yours. In this book, you decide what you want to read first.

Interspersed throughout the book are "creative practices" and personal reflections. The creative practices are skill-building exercises. The reflections are insights and observations that can help to inspire and motivate you, or just brighten your day.

## **What to expect while using the book**

Sometimes learning a new skill is a struggle. The process of learning can be awkward. The awkwardness and unfamiliarity may bring on anxiety. This anxiety could be fear of the unfamiliar, fear of the unknown, fear of failure, and or fear of success. Consider where your awkwardness is coming from. Always honor yourself and listen to yourself. Be gentle and take your own time. If you get discouraged, try something else. With familiarity and experience comes confidence.

Consider this book as a smorgasbord of food. Some days you want to try everything, other days you might crave desserts, or just meat and potatoes. Each day and each moment is unique. Only you will know what is right for that time. And if you are not sure what is right for that time, perhaps the creative practices and suggestions in this book will help.

How will you feel today? What are your choices? Know that your choices will change throughout your life journey, and that's all right. How do you accomplish it? The idea sounds simple, but where do you begin?

In this book I share with you tools that have great value for me, my family and my students. They are tools that I personally use and tools that I share in my workshops with great success and response from my students.

You may find that some tools are already part of your foundation. Others may come easily to you. The unfamiliar tools just take more practice, like any new skill. As we combine the tools, their effectiveness will increase exponentially.

You will find some of these tools familiar and are already part of your foundation. As we combine them, their effectiveness becomes exponential. You may find that some tools come easily and others don't. The unfamiliar tools just take more practice, like any new skill.

Know that we are all unique, with unique strengths and weaknesses. Support and consider your strengths and weaknesses with compassion. Try, risk, experiment, experience and practice. Your weaknesses can be a source of great strength because they are a place of great learning for you, and can help to open up all the creative possibilities within you.

