

How to Speak to Yourself to Support Your Creativity



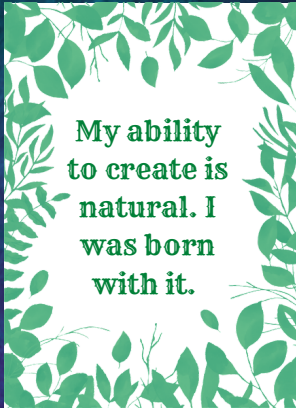
I feel safe
enough in
this world
to create.



I trust the
creative
impulses
that bring
me joy.



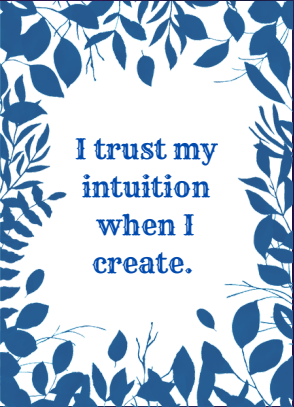
My
creations
brighten
my heart.




My ability
to create is
natural. I
was born
with it.



I treat my
creative
ideas with
respect.



I trust my
intuition
when I
create.



Unconditional
love
nurtures my
creativity.


by Dana da Ponte



When I
create
something
others don't
love, I still
belong.



My
creativity
helps me
manifest
the life I
want.



I feel safe
enough in
this world
to create.




My
ancestors'
creative
gifts live
on in me.



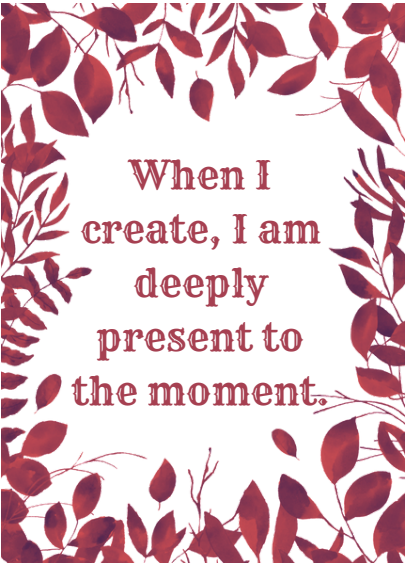
My creative
ideas are
welcome in
this world.



My
creative
ideas are
needed in
this
world.



I have
creative
role models
to look up
to.



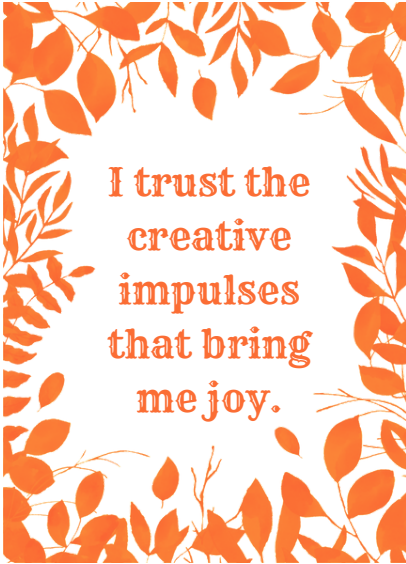
When I
create, I am
deeply
present to
the moment.



I protect
my
creativity.




I am
allowed to
play.



I trust the
creative
impulses
that bring
me joy.



I create
for the
simple
joy of it.



I meet my
emotional
needs so my
creative
energy can
flow freely



I look at
my
creations
with love
in my
eyes.



I am a
strong,
competent
creator.



I value
my
creations.



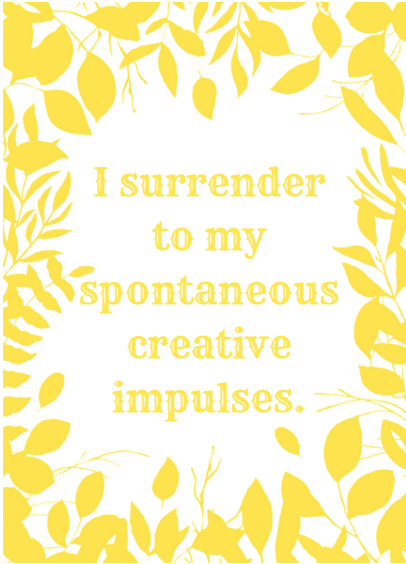
Even if
others
abandon me,
I will forever
support my
creativity.




I will not
abandon my
creativity to
be accepted
by someone
else.




I believe in
myself and
my
creative
abilities.



I surrender
to my
spontaneous
creative
impulses.



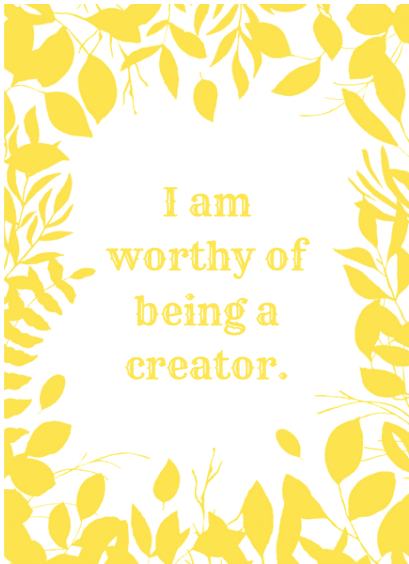
I create
with my
mind, body
and heart.



I stand up
for my
creations.



I trust my
own
creative
path.



I am
worthy of
being a
creator.



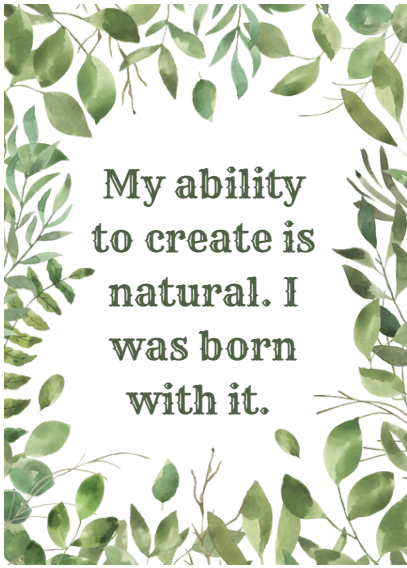
I treat
myself
with
kindness
as I
create.



I respect
my inner
wounds
as I
create.



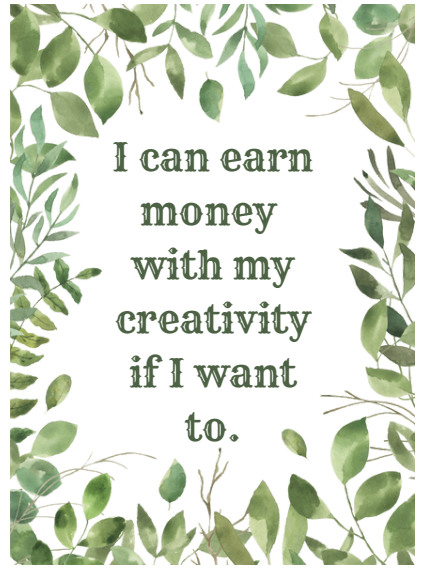
My
creations
brighten
my heart.

A decorative border of green leaves and branches surrounds the text.

My ability
to create is
natural. I
was born
with it.

A decorative border of green leaves and branches surrounds the text.

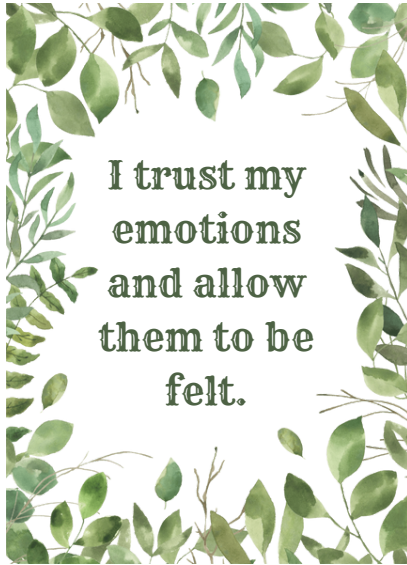
Like my
Earth
Mother, I
am a
creator.

A decorative border of green leaves and branches surrounds the text.

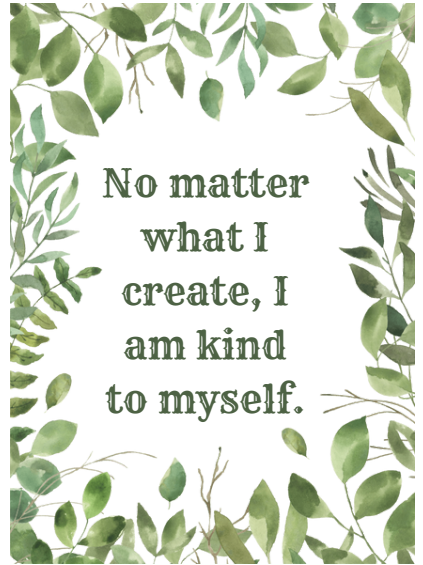
I can earn
money
with my
creativity
if I want
to.

A decorative border of green leaves and branches surrounds the text.

I connect
to others
through
my
creativity.

A decorative border of green leaves and branches surrounds the text.

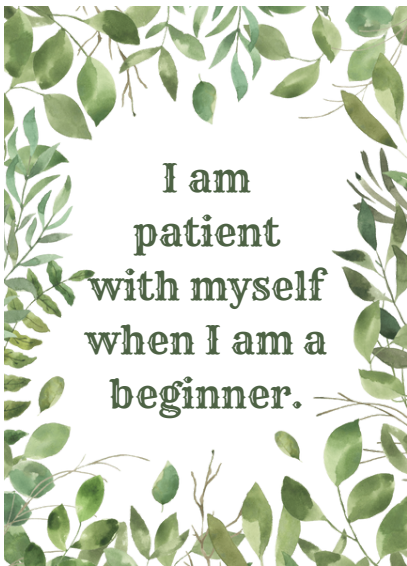
I trust my
emotions
and allow
them to be
felt.

A decorative border of green leaves and branches surrounds the text.

No matter
what I
create, I
am kind
to myself.

A decorative border of green leaves and branches surrounds the text.

I receive
love from
the Divine
as I create.

A decorative border of green leaves and branches surrounds the text.

I am
patient
with myself
when I am a
beginner.

A decorative border of green leaves and branches surrounds the text.


I accept my
creative
flaws and
mistakes.



My
thoughts
support my
creative
desires.




I treat my
creative
ideas with
respect.



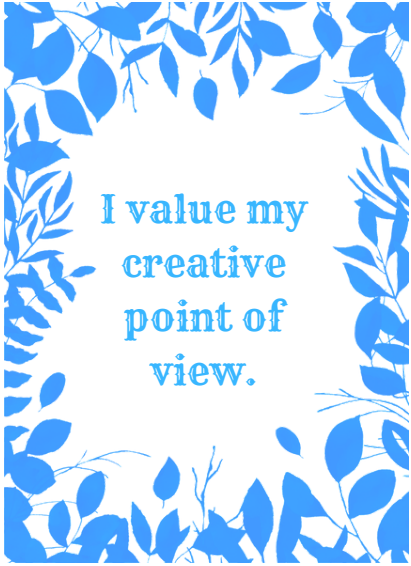
I use my
creativity to
express my
thoughts
and
feelings.



I encourage
and
support my
creativity.



I trust and
honor my
creative
preferences.




I value my
creative
point of
view.



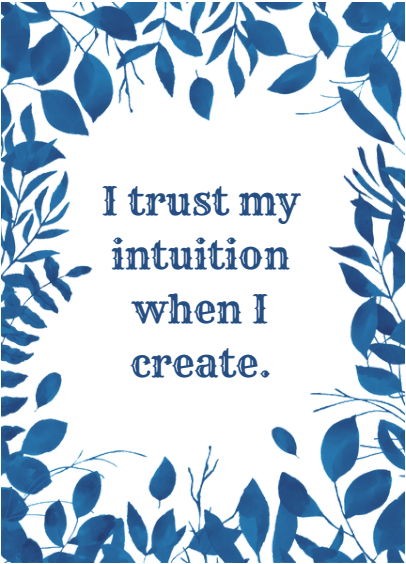
I allow my
Spirit to
guide my
creativity.




I
communicate
my creative
needs.




I set
boundaries
to support
my creativity.



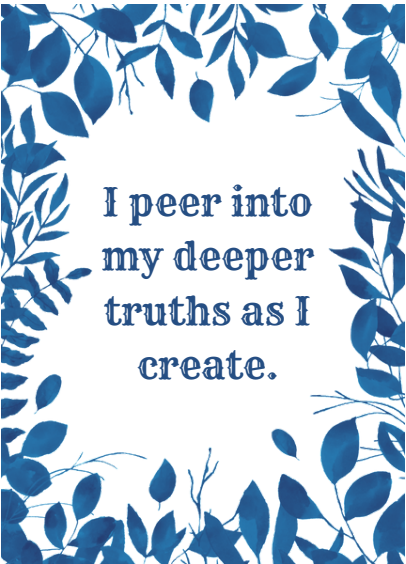
I trust my
intuition
when I
create.



I heal my
inner
wounds to
support my
creativity.



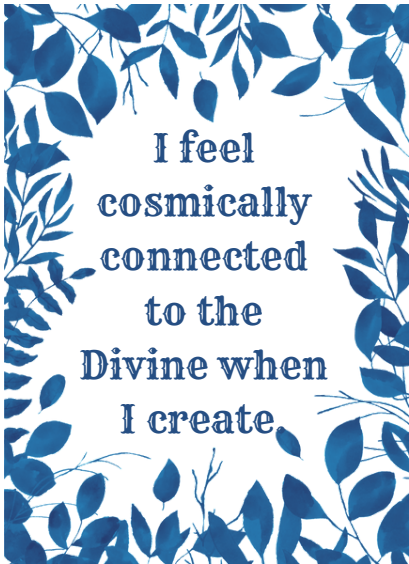
I unite
with the
Divine as I
create.



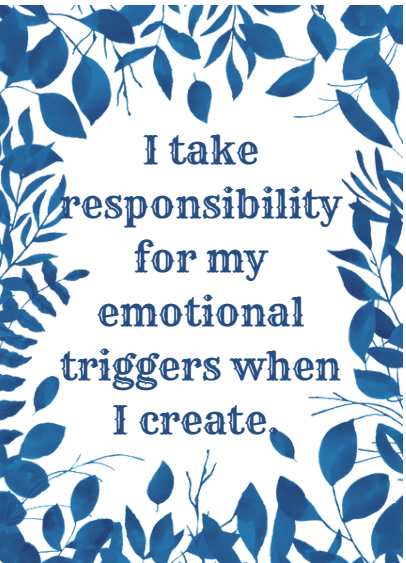
I peer into
my deeper
truths as I
create.



I see the
perfection in
my creative
imperfections.




I feel
cosmically
connected
to the
Divine when
I create.



I take
responsibility
for my
emotional
triggers when
I create.



I connect
with
sacred
earth
when I
create.



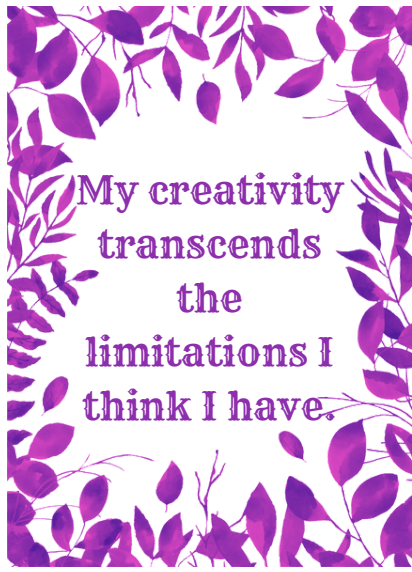
I create
with all my
senses.



I trust my
imagination.



My
creativity is
connected
to my
higher
purpose.



My creativity
transcends
the
limitations I
think I have.



My
creativity
is
connected
to higher
realms.



There is a
benevolent
loving force
that
supports my
creativity.



My
creativity
leads me
back to
myself.



My
creativity
leads me
back to
love.



I use my
creativity
to connect
with my
higher self.



Unconditional
love
nurtures my
creativity.

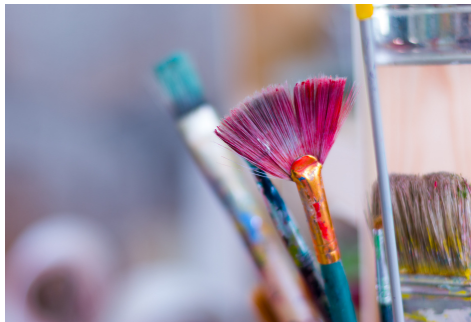


<https://danadaponte.com/ecourses/>

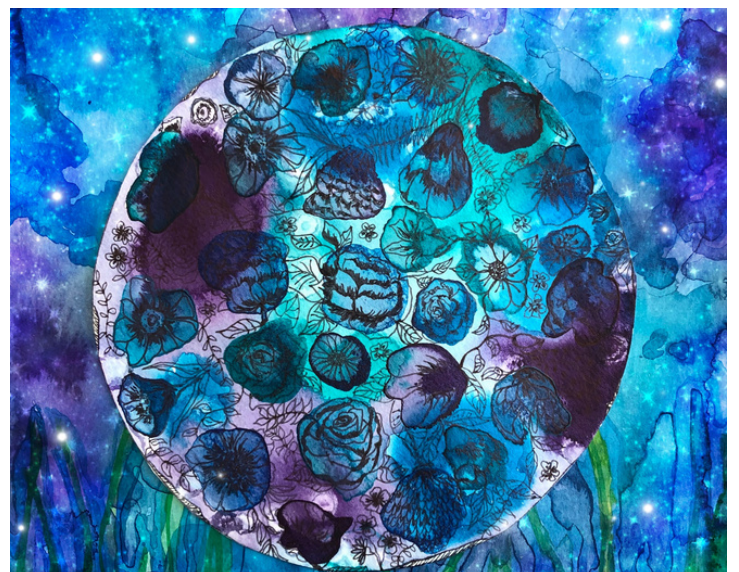
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