

LIFE GALLERY EXERCISE

PART 1 – CREATING IN BEAUTY

This exercise is designed to be completed in three parts along with the information presented in the Cultivating Creativity webinar series.

We all have experiences in our lives that shape our uniqueness and the course of our direction. Some of these experiences are once-in-a-lifetime instances that we recall with crystal clarity and others are repetitious or cyclical, we almost grow to expect them. Whatever your experiences might be they are the context from which you create your life in the present and envision it for the future. Rather than letting this happen passively, this activity will guide you in beginning to view your life as a gallery of experiential works of art to pull from as you begin to create skillfully masterful pieces of intention and beauty that will serve both yourself and your world.

You will continue to build on this activity throughout the coaching webinar, so keep that in mind as you begin.

Instructions:

1. On a piece of paper, create a timeline from the year you were born to the present. (Get ready to get the paper messy – don't worry, you can transfer it to a clean, pretty piece later).
2. From the beginning of your life to the present mark and describe your top 10-20 most impacting positive and beautiful life experiences. (These can be recurring traditions, one time events, or phases that periodically repeat themselves.)
3. After your 10-20 experiences are listed, answer these questions about them:
 - On a scale of 1-10, how positively impacting was this life experience?
 - What specific relationship with a person, idea, or object was nurtured by this experience?
 - What is the primary emotion that comes up when thinking about this experience?
 - What colors and/or temperatures are descriptive of this experience for you?
 - What songs, words, books, or poems are connected to this life experience for you?
 - What textures pop out in your mind as you remember this experience (water, grass, fabric, cobblestones, cable-knits, etc)?
 - What personal values are being honored in this experience (faith, family, freedom, nourishment, respect, learning, etc.)?
 - Is there an object that you have in your possession that brings this experience to mind when you look at it? What is it?
4. After you have answered each of these questions about each of your experiences, analyze your responses to see what themes you might be able to observe.
5. Ask someone you trust to look at your timeline and organize themes they might see that you missed.

When you complete this part of your life gallery exercise, let yourself rest a little and meditate on what kind of experiences you are being stirred to create for yourself and those around you in the present and for the future.

