

LIFE GALLERY EXERCISE

PART 3 – CREATING FROM YOU

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

In Part 3 of this Life Gallery Exercise, we'll stop looking at the past and start to examine how we can learn to create from it in the present and for our future. You have been equipped with unique strengths, experiences, desires, gifts, and relationships that enable you to create something both distinctly individual and personally expressive.

Materials: Completed Life Gallery Exercises 1 & 2, Foamboard or poster board, Some sort of adhesive (spray adhesive, glue, tape, etc.)

Instructions:

1. Review your life gallery exercises and make a list of all the emotions, values, colors, temperatures, songs, words, books, poems, textures, objects.
2. Examine your personal spaces at work, home, and on the go. Make a list of all the emotions, values, colors, temperatures, words, textures, objects.
3. Examine your wardrobe. Make a list of all the emotions, values, colors, temperatures, words, textures, and prevalent objects (What do you have a lot of? What clothing do you most enjoy wearing? What piece has the most meaning for you?)
4. What smells do you find most desirable? Make a list of those.
5. Now take all your lists and combine them. What themes do you see? What contrasts do you see?
6. Choose the emotions, values, colors, temperatures, words, textures, objects and smells that are most YOU! Right them on a separate list and adhere that list to your board.
7. Spend the next bit of time (several hours or several days) finding pictures and words to represent each of the things you listed and paste those to your board – don't use PINTEREST or any other digital board! Make this something you can see, touch, and even smell.
8. Keep your board as the inspiration for creating something excellent and personally congruent. Some ideas:
 - a. If you're writing, use your board for the fonts, colors, and images that you will create your cover art and page layout from.
 - b. If you're trying to create an atmosphere for an experience, realize what emotions you want to evoke and create spaces that bring those forth. (Ex. My board has very little red, orange, pink or yellow on it. You will also find very little of these colors in the décor of my home. That does not mean I don't like the colors or think they're lovely in other people's home, but they wouldn't be congruent with my personal expression at this point in my life)
 - c. If you're composing, use the temperatures, colors, emotions, and values to inspire your next musical endeavor.
 - d. If you're painting or sculpting, use a combination of the objects, colors, and textures in your next work.

When you complete this activity, place your board in a visible space, feel free to add to it as time goes on.

