

Ten Ways to Connect with Your Inner Artist

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Inside each of us resides immense potential for creativity—we have but to access it with full willingness and commitment. I like to call this capacity for inventiveness our innate “inner artist.” Like the often-mentioned inner child, the inner artist can be hidden from our active thinking because of our busy daily activities.

It is only when we take time to look at where we are in life that we begin to recall the delight we once had in drawing, in making up a tune, or in writing something down just because it felt good and was fun. Looking at our lives with this new perception gives us a second chance to live our life’s dreams, perhaps of following an idea or expressing a deep desire for fulfillment. Our lives especially in the second half of life (yes, the clock is ticking) can become immeasurably enriched when we tune into and activate the inner artist.

Here are some suggestions to help get started:

1. **Set aside some time** each day for creative time to talk things over with your own best friend—yourself. Ask, “What did I do today that I enjoyed?” “What did I not get to do I really wished to accomplish” “In what ways could I express myself more fully?”
2. **Acknowledge yourself** as a creative being and notice where you recently tried something new in a relationship, in problem solving, or in helping another person who seemed to be stuck.
3. **Think of several interests** you have always wanted to pursue but never took the time to begin. List at least five.
4. **Note how you stopped yourself.** Speak kindly to the part that puts things off and tell it you now deserve to access your full creativity. Allow yourself to be open to new possibilities.

5. **Decide on at least one area** to explore in depth. Affirm, “I now attract the resources I need to explore my chosen interest.”
6. **Set your intention to follow** one interest and find out more about it. Libraries and internet searches give quick access to information. Look in the paper or at the community college catalog—there may just be a class about your topic.
7. **Be persistent** in learning the subject matter and move to increasing levels of complexity with it. For example, if you have decided to learn about painting, attend a class, practice with the materials, keep an open mind because things always improve with practice.
8. **Notice** how following the interest leads you to meet kindred spirits, the people who have similar interests. Be curious about something every day and enjoy the many surprises that await you. Hold an atmosphere of positive expectancy. Be willing to learn from feedback in relation to your chosen theme, even your mistakes. Maintain a sense of openness and wonder.
9. **Organize** the mundane aspects of daily life (like knowing where your car keys and glasses are) so your train of thought is not continuously interrupted. Take charge of your schedule.
10. **Be flexible** by trying different ways of approaching the same task. Always honor the deep parts of yourself you are now bringing forward and expressing.

To explore more suggestions for vibrant creativity in the second half of life, visit Dorothea’s website www.SecondChanceDream.com and purchase her new book, now available for prepublication orders via the website and amazon.com.