

Welcome to the Art of Purpose podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice the Art of Purpose.

Hello, everyone, and welcome to our fifth Purposeful Pause episode of The Art of Purpose Podcast. I'm glad that you're here with me today to take a short, purposeful pause out of your day. Now, in today's episode, I want to talk to you about something that I've mentioned a few times, but today we'll actually dive in a bit more.

So let's begin our purposeful pause with a couple of deep breaths. Inhale and exhale.

If you can feel the tension, just leaving your body. Wherever you are, clear out some mental space, you can get back to whatever you're doing here and just you're done listening. This is time just for you. Now, as you're settling into your pause here, I want you to take some time to think about your inherent creativity. Now, I know many of you listening don't identify as artists or creatives, but my light challenge for you in today's episode is to think of times when you've been in that flow state, that feeling of being completely enveloped by whatever you're working on, feeling inspired and creatively moving through challenges or problems and creating something.

This can be so many things it doesn't have to mean you've been you've made painting or your crocheted blanket, although there are. Those are great examples. However, it could be a work project that you dove into. A spreadsheet you put together, a conversation you had with someone that created an outcome or a heartfelt conversation with a friend where you felt real connection.

It's all creating. It's all art. Now, if you brought to mind a creative moment or a time when you were in flow and it probably felt really good. Can you remember what it felt like in your body? You most likely were very present in what you were doing. You were able to be with what was right in front of you and not grinding about the past or attached to some future outcome.

So if you think practice getting into that state this week, practice presence, feeling, and being in the moment, finding that thing that gets your creative flow going, these inspiring moments can assist us in practicing mindfulness and help us spend more time in this space. Now be careful there. This is where judgment wants to creep in and there is no room for judgment in our creative practices and it doesn't feel very good.

So watch that voice. It wants to take us out of the moment. I truly believe that harnessing that feeling of creating, of making art of purpose or aliveness, whether it's in your job or with your family, it is so powerful to bring mindfulness presence into your day. This can offer us moments of joy and feelings of fulfillment. All we have is this very moment right now.

This now. This is where magic happens. We are creating our lives right now. So with that, I'll leave you to contemplate how you practice creativity this week. Remember, these moments are a taste of how all of us have lives. Duties and tasks that are all pure creation. Before we part, take another moment to inhale and exhale. And I hope you take some creative energy and good reminders with you as you get back to your day.

Be kind and compassionate with yourself today. I'll see you next week. Thank you for listening to the Art of Purpose podcast.

I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self-discovery.

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