

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. Hey, welcome to another purposeful episode of The Art of Purpose podcast.

I have this very cute, fuzzy little stuffed animal owl that I that I found that I fell in love with. I used to really enjoy a lot of stuffed animals, and it's I have a very select few that I have around that it's still that I still enjoy. And I generally, you know, after we look at something for a while, we don't see it anymore.

However, I was like, Oh, this, this little guy is very soft and comforting. And, you know, whenever we need any given time, let's let's use it, whether it's, you know, a stone in the pocket that a favorite stone or something has got meaningful or garnet or something, a rough garnet that helps stay grounded, whatever those little talismans or things that we have around.

You know, why not use them? Those are those things as tools that we can use to help support us and different things that we're doing. And especially one of the topics that I wanted to talk to you about today is about exploring and creating, having fun while doing something new and different. So this is go ahead and dive in here to this purposeful pause.

So as beginners, we often approach new endeavors with fear and limitations. And, you know, why not have that little talisman with you to help support along the way? And we tend to doubt our abilities and worry about what others might think. So what if instead we embrace the mindset of being a beginner? What if we allowed ourselves the space to not know and simply relax, play, experiment without that attachment or pressure?

I really emphasize this when teaching on classic classes in my studio, and I continually remind myself as well to revisit this mindset is that there are so many people who approach art classes, not to mention anything new, with expectations already putting pressure on themselves before they've even begun giving ourselves permission to play and explore can lead to joyful and creative experiences no matter what our new endeavor is.

So it is. We need to give ourselves some space. It's important to remind ourselves to come back to this mindset, especially when external expectations, whatever they may be, i.e. the pressure to sell or perform, start to diminish the freedom and joy in our pursuits. Our beliefs and thoughts about our abilities and expectations can create what I sometimes call creative constipation or I've experienced quite a bit of in my life.

It's that feeling of being blocked or hindered from fully enjoying the process of learning and gaining more expertise. I find, though, that we can reconnect with the initial joy of creation by examining our thought processes and beliefs. So pursuing something new without judgment and attachment to outcomes allows for true creative expression and joy. And really, this is true for everything we do, even if it's an old hat, and we've done it a gazillion times before.

It's essential to explore and challenge any belief that that makes us feel heavy or as restrictive in order to regain that sense of freedom, enjoyment and lightness. I mean, that's what this is all about, finding the joy in things. So instead of solely focusing on what we do, can we shift our attention to how we approach our endeavors?

How can we be with what we're doing by being fully present in the process? And this is a continual practice here, the here and now, being in the here and now I'm paying attention to how we're feeling and what we're thinking. How can we find that peace, that presence and joy in the process? Remember, it's about being in the process, embracing the present moment and allowing ourselves to fully express our creativity, because that is living.

And so now here's some actionable steps for you. Take a moment to reflect on something new. You've been hesitating to pursue or have been feeling blocked in. So if you can curiously explore any thoughts or beliefs that have been hindering your enjoyment and freedom in this process, see if you can write them down or get some get clear about them.

Challenge those beliefs by asking yourself if they truly serve. You are they based on fear? Are they even true? What if the opposite is then consciously release them and choose to change that story? Give yourself permission to play, experiment and create without judgment or attachment to outcomes. And that means play an experiment with our thought patterns to embrace the beginner's mindset and let go of any external pressures.

Now that you know, that's we've been trained a lot in taking on that. So give yourself space and patience around this. Allow yourself to experience that joy and freedom that comes from that beginning stage. How does that feel in practice releasing the attachments to the results or outcomes, whatever they may be? Another place for curiosity to come in right there about just practicing releasing the attachments.

So the good example is when I'm painting, I come up with. Hmm. Where did that come from? And when I can be curious about it, it's so much more interesting than if I go straight to. Oh, I'm not sure if I like that. So remember, it's in the process for the magic happens, not the final result. It's in so trained in this culture to believe that it's all about the end result, and that's just not the case.

So really, look at how you can start enjoying practicing and creating and being curious. Thank you so much for joining me today for this purpose, because I really enjoyed having, you know, being in this space, sharing with you and I hope that this episode has inspired you to embrace the joy of creating and to approach your endeavors with a newfound sense of freedom and lightness.

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. Also, be sure to subscribe so you never miss an episode.

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