



Unglued

CO-CREATIVE
WORKS

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Coming unglued can be a good thing!

Most of us have “back burner” dreams we hope to accomplish someday. Maybe it’s starting a business, or designing and building a dream home, or writing a novel, or becoming a recognized artist.

So, what’s stopping us from realizing those dreams? There are a million excuses, some quite legitimate. The problem is that those excuses become patterns of thinking that get us stuck in idle while life zooms by.

Until we get “unstuck” or, as I like to say, “come unglued,” we’ll never take the first step toward that dream. Here are some tips for coming unglued:

1. Keep a dream inventory for about three months. Each week write down 10 things you dream of doing; some silly (“I’d like to have dinner with Pablo Picasso.”), and some closer to the heart (“I’d love to take my Mom on a cruise.”).
2. Watch for patterns in your inventory, variations on a theme. Watch for those dreams that stick in your head and begin to haunt you day and night. Those are the ones that beckon, “This is your heart’s desire...”
3. Make a list of what it would take to make this dream real. What are the possible barriers (internal fears or external constraints) that might stand in your way?
4. Pick just one barrier and begin chipping away at it. If it’s fear of failure, ask yourself, “What would it take for me to feel more confident about this?” Is it a new skill or knowledge that you need? Look for realistic ways you can begin to acquire those skills – starting now.
5. Demolish the “procrastination” barrier with one swift kick. Starting now, take baby steps toward your goal. You’ll have such a feeling of accomplishment that the momentum will build and your dream won’t seem so impossible.

Need help holding yourself accountable? Want help locating information and resources to support your creative process? Consider engaging a creativity coach for 12-16 weeks. We can work with you via emails, phone conversations, or in person. We can hold your feet to the fire or gently nudge you along. The important thing is to make progress at a pace that’s right for you!

To learn more about creativity coaching, call or send me an email.

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