

Sibyl

MAGAZINE
FOR THE SPIRIT & SOUL OF WOMAN



Marla Diann
STAND FOR YOUR
WORTH & DIGNITY

Success coach, spiritual mentor and business strategist for creatives

www.marladiann.com

Hello!

In the midst of this constant turmoil with COVID, we can lose connection with our own creative spirit. It can be a challenge when we are constantly required to pivot, change, and then change again day after day, week after week. It can wear us down. I understand.

My creative renewal method was born of my own disconnect from my creative spirit a few years ago. I was impatient, quick to react, unsettled, living in my head and just plain disconnected from my heart until I woke up to the truth that I needed a healing.

In August 2020 article, **“Does Your Creative Spirit Need A Tune-up? Reboot?”** I explain what I did to be proactive in reawakening my creativity and I give you three prompting questions to make the shift happen quickly. I share with you behind the scenes how this applies, **out of the challenge came a beautiful lesson and gift.**

Come share IG with me

- [@marladiann_mentor_to_creatives](https://www.instagram.com/marladiann_mentor_to_creatives).

Let's have with an inspiring, supportive complimentary conversation about **the condition of your creativity and how it plays into your level of success as an entrepreneur or professional.**

Email support@marladiann.com to schedule our time together.

Much love and appreciation,

Sibyl MAGAZINE
"Ordinary Women Sharing Extraordinary Insights"
FOR THE SPIRIT & SOUL OF WOMAN
INTRODUCING THIS YEAR'S CONTRIBUTING ARTICLE WRITERS 2020

YOU too can become a writer for Sibyl Magazine. Editors are now accepting article submissions. ONLY 25 women selected. View Submission Guidelines inside!

 Brenda Pitout	 Carol V. Meyer	 Cynthia Harris	 Dani Andersen		
 Danielle Schooch	 Gail Gibson	 Jill Bittering	 Kara Lambert	 Ketta Annie Whitten-Foster	 Kimberly Hambrick
 Lee Steem	 Lynley Evans	 Margie Batson	 Marie Brunger	 Marla Diann	 Martine Negro
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STAND FOR YOUR WORTH AND DIGNITY

Does Your Creative Spirit Need A Tune-up? Reboot?

By Marla Diann

In the midst of this constant turmoil with COVID, we can lose connection with our own creative spirit. It can be a challenge when we are constantly required to pivot, change, and then change again day after day, week after week. It can wear us down. I understand.

My creative renewal method was born of my own disconnect from my creative spirit a few years ago. I was impatient, quick to react, unsettled, living in my head and just plain disconnected from my heart until I woke up to the truth that I needed a healing.

I became proactive and reached out to my coach. I made a one-year life plan with her, which to this day, my life looks and feels completely different. I feel peaceful, loving, creative and happy more often. Out of the challenge came a beautiful lesson and gift. That gift is how I coach my creative renewal method to my clients. I watch their stress, anxiety and discontent give way to relief and joy.

You can, too. Here are a few tips to get started.

- 1) I am encouraging you to rethink your relationship with your creativity.
How can you preserve it and love on it more?
- 2) When have you thought about how you are "in relationship" with your creativity?
How do treat it? How do you think, act and feel about your creativity?
- 3) What are you doing to keep your creativity fed and nurtured? Or what can you do to create a new relationship with your creativity to uplift you?

If we are to operate at the levels required in our businesses while also feeling fulfilled and maintain our passion, we must take time to nourish our creative spirit.

For example, have you considered going on a retreat alone for a day locally or a weekend in the mountains? Attend a resort that's open? Or find a new passion in cooking, gardening, writing, donating time to an organization, or some activity related to animals?

Add play back into your life. I challenge you to feel the feelings of delight! Creative renewal is a wake-up call to pay more attention to our spirit - that which lights us up. As creatives, if we don't up our game in how we nurture our creativity, we can feel dull, numbed out, and sometimes just plain bored.

We can be stuck in doing mode, not expansive creating mode. By allowing yourself to dance, play, take on a new creative activity, connect with nature more, write, or paint, we renew our relationship with our creativity and new ideas come forth.

Did you know whenever Einstein got stuck on one of his many projects needing a solution, he would stop and go play his violin to break his pattern and reconnect with his creativity? What's your violin? Time to reboot and renew!

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California, USA

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your
Desires
will
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By integrating personal development, spiritual mentorship, financial and business coaching, you have a path to a thriving, profitable creative business.

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International Success Coach
& Business Strategist for
High Achieving Creatives