

*“It is your mind that creates your world”* Buddha

**This is what is important in MY world...**

A little while ago, in order to clear away the mental mess and clutter which surrounds me in my day-to-day life (*and after a period of having to defend myself against very intense criticism*), I sat and constructed this very basic computer collage. I found a picture of a view that I responded to and soothed me (*I think it was Lyme Regis – I find the Sea iconic in quality*) and surrounded the picture with basic statements and declarations that *reminded me* of what qualities that I was proud of and which are important to me.

**Today** I invite you to do something similar:-



On the next page in this file is a selection of random coloured blank shapes. Perhaps you could start in the middle one by stating your identity – your name, where you live, colour of eyes, what you do to fill your days – all things that define you to the outside world. As you go along in the Grey box start listing all the things which hold you back (your inner critic). The rest of the shapes just use as you please (delete or add to them as you want). Stick on pictures from the newspaper, crayon stickmen and anything else which comes to mind.

I have also found this kind of exercise useful when trying to work out where I am going with a project; I put it on a Noticeboard and add to it over a period of time – I then use the rose oblong at the bottom to summarise my conclusions.

*These are just some ideas, just play with this exercise to make it work as a tool for you.*

**The point to all of this is:** *By writing it down, you are going someway to defining your dreams and projects and make it clearer to see where you are going and what steps you need to take to get there (on paper it is more permanent).*

*It is also makes it easier to defend yourself when you can identify what qualities are important to you in your everyday (artistic) life.*