

Creative Spark – Living From a Place of Passion

The point is how to live life fully, deeply, in the moment

A list of thought provoking questions to help with that and a few discussion oriented ideas.....

Most of the following creative process questions came from *Life, Paint and Passion*, a book about process painting. I added some of my own after reading the book. Substitute the word 'paint' with any other creative modality (write, dance, move, enact, play, sing) and ask yourself these questions for an ultra creative new year! Enjoy!

What would I paint (write, dance, move, enact, play, sing) if I were not trying to impress anyone with the result?

What would I do if I didn't have to worry about the way it looked?

What would I do if I were not afraid to be free?

What would my child wisdom know to do?

What would I paint if no one were going to see what I do?

What would I paint if I were just playing and it didn't have to fit any description?

What would I paint if I let myself feel?

What would I paint if I could sense what to do without thinking?

What would I paint if it were ugly?

If I could meet the void with open arms, what would I do?

If I used my intuition and let go of what is/ is not acceptable, what would I do?

What would I paint if I let myself go wild?

What would I paint if I were being childish, ridiculous or sensual?

What would I do if I were open to the mystery of myself?

What would I do if I painted something that didn't have to make sense?

What would I do if I were not afraid to change or ruin my painting?

What would I do if I were going to paint something drastic?

What would I do if I let myself dare, experiment and take a risk?

What would I do if I lost control for a moment?

What would I do if I painted the 'wrong' thing?

What would I do if I painted something that disturbed me?

What would I do if I broke the rules?

What would I do if I listened to my soul?

What would I do if I went too far?

What would I paint if there were no consequences or punishment?

What would I paint if my critic could not reach me?

What would I paint if I trusted the healing process?

What would I paint if I thought of myself as a creative channel experiencing my truth?

What would I paint if I could afford to be shamelessly uninhibited about what I created?

What would I least want to paint right now?

What would my mother/sister/father/brother/etc paint right now?

Regina Sewell is a mental health counselor with a private practice. To ask a question, propose a column topic, read about her approach to counseling, or check out her books and other writing, go to: www.ReginaSewell.com .

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