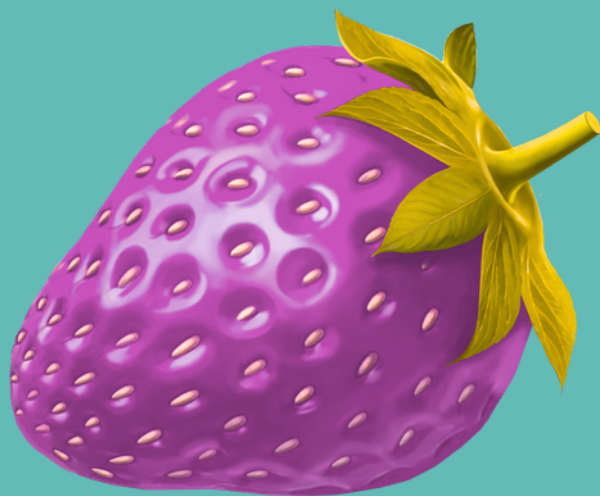


DIVERGENT CREATIVES



WORKBOOK

HELLO



Welcome to the
Divergent Creatives
workbook!

This is your space to
process your learnings
from the book,
integrate any insights,
and plan actions you
would like to take to
support your own
creative process.

Use this workbook
however you like.

- Skip around
- Be messy
- Leave things unfinished
- Circle back to stuff as needed...

Most importantly,
follow your energy
and honour your
needs.



WHAT'S IN HERE?

This workbook will help you process what you read in *Divergent Creatives* and to integrate your insights.

There is a space to settle in, and notice your needs so that you can make sure you are cared for first and foremost.

There is then a space for you to record your responses to each chapter. To avoid making this workbook 1,000 pages long, or a huge file size that will take up all your storage, and to avoid using up several trees in printing, I've created one set of Chapter Response pages that you can reprint or re-save as many times as you like for each chapter. Or, if you prefer, you could simply copy the questions into a notebook or journal. Whatever works for you!

There is also a space for you to pause after each Part of the book to identify any patterns that you have identified in your reading so far. Same approach applies - reprint, re-save or copy, as you wish.

Each chapter of the book has an accompanying Creative Prescription - you'll find sheets in this workbook that you can use for these activities if you wish.

At the end of the workbook, there is space for you to explore what you have taken away from the book, and the experience of working through it as a whole.

You don't have to answer every question or respond to every prompt in any section - pick the ones that feel relevant or needed. Write as much or as little as you like. Doodles, bullet points or unconnected words are perfectly valid responses.

Print off specific pages as and when you want if you find it easier to do an exercise on paper, don't feel you have to print the whole thing (unless you want to!).

Make it easeful. Make it yours. **Have fun with it!**

FIND WHAT YOU NEED

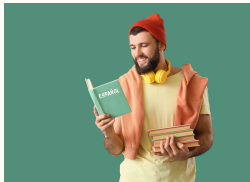
1: Settling In



Check in with yourself and understand your needs before you begin.

Pages 5 – 7.

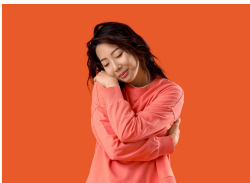
2: Chapter Responses



Record your responses and the insights you want to take forward from each chapter.

Pages 8 – 10.

3: Creative Prescriptions



Complete the Creative Prescriptions from each chapter.

Pages 11 – 46.

4: Pattern Pauses



Identify any themes or patterns as you finish each Part of the book

Pages 47 – 60.

5: Reflect & Integrate



Reflect on your takeaways from the entire book and integrate your learnings.

Pages 61 – 71.

Settling In

This space is for you to check in with yourself and understand your needs before you begin.

You could use these pages just before or after reading the introduction, and, if you like, you can return to these pages each time you return to the book.

SETTLING IN

Before you get fully into the book (perhaps just before or after you read the Introduction), let's take a moment to check in.

Where are your energy levels right now?

Creative energy



Low

High

Emotional energy



Depleted

Nourished

How do you feel...

Physically?**Mentally?****Emotionally?****Creatively?**

SETTLING IN

What would feel supportive of your needs right now?

What physical environment, comfort objects, sounds, etc. would help you feel calm? Do you need drinks, snacks, etc.? Do you need a particular space, quiet, to tell people to not disturb you for a while...?

Chapter Responses

Use these pages to record your responses to each chapter.

Print / save multiple copies as you need them, or copy the questions into a notebook / journal.

CHAPTER _

What resonated with you?

What felt uncomfortable?

CHAPTER _

Did you notice any resistance?

Has anything shifted for you after reading this chapter?

Creative Prescriptions

All of the creative prescriptions are captured in the following pages, so you can print off the relevant one when you want to work with it.

You can come back to these Creative Prescriptions as many times as you like, either reprinting these pages or working in your own notebook / sketchbook.

CHAPTER 1 YOUR RIGHT TO CREATE

Creative Prescription

State your creative identity below.
E.g. "I write, therefore I am a writer."

Write it as many times as you like.
Decorate the words if you feel you want to.

2 CHAPTER 2

CREATIVE MYTHS

Creative Prescription

What creative myth(s) have you been influenced by?

What alternative story can you tell?

3 CHAPTER 3

THE “RIGHT” WAY TO THINK

Creative Prescription

Perceived weaknesses:

Rip out and destroy this page when you're done.

3 CHAPTER 3

THE “RIGHT” WAY TO THINK

Creative Prescription

Rip out and destroy this page when you're done.

3 CHAPTER 3

THE “RIGHT” WAY TO THINK

Creative Prescription

Actions you can take to support yourself:

Keep this page somewhere you can return to it regularly to ensure you are getting the support you need.

3 CHAPTER 3 THE “RIGHT” WAY TO THINK

Creative Prescription

Keep this page somewhere you can return to it regularly to ensure you are getting the support you need.

3 CHAPTER 3

THE “RIGHT” WAY TO THINK

Creative Prescription

Your strengths:

Keep this page somewhere you can refer to it when you need a lift.

3 CHAPTER 3

THE “RIGHT” WAY TO THINK

Creative Prescription

Keep this page somewhere you can refer to it when you need a lift.

CHAPTER 4 **THE “RIGHT” WAY TO CREATE**

Creative Prescription

Your Creative Ritual

CHAPTER 5

HOW THEY STOLE YOUR CONFIDENCE

Creative Prescription

Write a letter to your younger self.

CHAPTER 5

HOW THEY STOLE YOUR CONFIDENCE

Creative Prescription

Write a letter to your current self from your future self.

CHAPTER 6

DEFICIENCY IS CULTURAL

Creative Prescription

What term would you like to use to describe your experience?

CHAPTER 7 **PRACTICAL CHALLENGES**

Creative Prescription

Which of these is your biggest challenge right now?

**The
Start**

**The
Finish**

Focus

Time

Energy

Other

What action(s) can you take to support yourself?

CHAPTER 7 **PRACTICAL CHALLENGES**

What's working in your creative practice?

What's not working so well?

What could you try / do differently?

CHAPTER 8 **WE NEED YOUR VOICE**

Creative Prescription

What causes / issues do you care about?



CHAPTER 8

WE NEED YOUR VOICE

What I can control

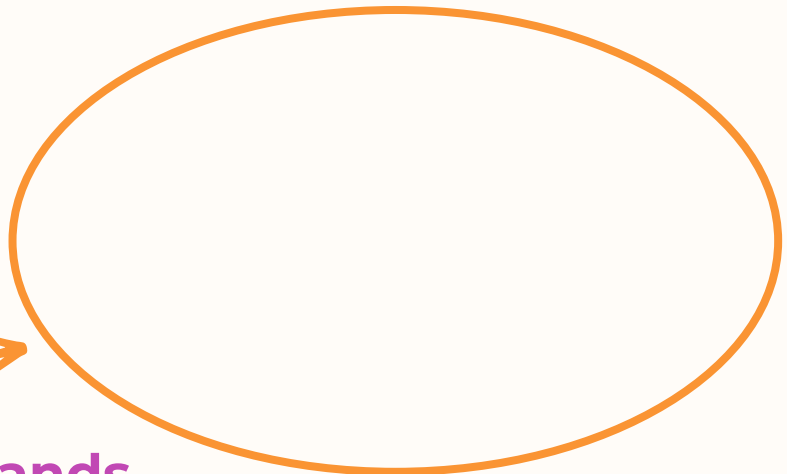


You can only control your thoughts and behaviours – these are in your power

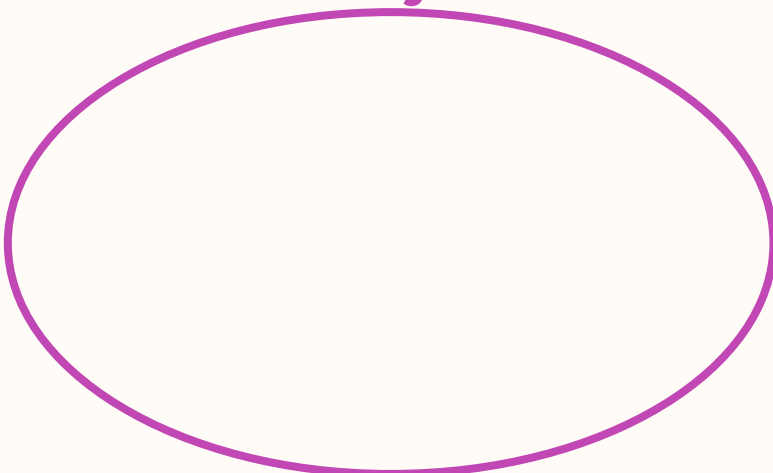


What I can influence

There might be ways you can contribute to change or someone you can speak to, but the ultimate action isn't yours to make – you can only do what you can



Out of my hands



If you can't do anything about it, let it go – worrying won't change it





CHAPTER 8

WE NEED YOUR VOICE

The things you care most about go in this row

Actions you can take for each issue or cause go underneath

CHAPTER 9 **WHAT IF SOCIETY VALUED CREATIVITY?**

Creative Prescription

What is an artwork you love?

What inspiration / learnings / ideas have you taken from it?

What insights or new perspectives have you gained from it?

CHAPTER 9 **WHAT IF SOCIETY VALUED CREATIVITY?**

Creative Prescription

What emotions did it stir in you?

How did it influence your view of the world?

What tough times did it carry you through? Or what good times did it underscore?

CHAPTER 9 **WHAT IF SOCIETY VALUED CREATIVITY?**

Creative Prescription

Write a letter to the creator.

CHAPTER 9

WHAT IF SOCIETY VALUED CREATIVITY?

Creative Prescription

Reread your letter – how would it feel for your artwork to have an impact like that on someone?

10 CHAPTER 10

WHAT IF SOCIETY VALUED DIFFERENCE?

Creative Prescription

Truth:

Alternate perspectives / reality:

10 CHAPTER 10

WHAT IF SOCIETY VALUED DIFFERENCE?

What have you learned from this exercise?

CHAPTER 11 DECENTRING PRODUCTIVITY

Creative Prescription

What simple activities or experiences would feel joyful to you?

What will you do first? When will you do it?

12 CHAPTER 12

BACK IN YOUR BODY

Creative Prescription

What emotion can you detect?

What colour is it?

What shape is it?

What texture is it?

Is it hot or cold?

What does it sound / taste / smell like?

How does it move?

12 CHAPTER 12

BACK IN YOUR BODY

Creative Prescription

How can you respond creatively?

13 CHAPTER 13

WHAT CAN WE DO?

Creative Prescription

Artwork:

Your response:

14 CHAPTER 14

REGAINING CREATIVE CONFIDENCE

Creative Prescription

15 CHAPTER 15

MINDSET REFRAMES

Creative Prescription

Affirmation:

16 CHAPTER 16

FOLLOWING YOUR RHYTHM

Creative Prescription

What creative activities can you do when health, mood or energy are low?

17 CHAPTER 17

UNDERSTANDING YOUR WAY

Creative Prescription

What do you consider to be “rules” about your art?

What might be some different approaches?

Which will you try?

19 CHAPTER 19

LEADING WITH JOY

Creative Prescription

20 CHAPTER 20

YOUR CREATIVE FIX

Creative Prescription

What would help you for the different types of rest?

Physical rest

Mental rest

Emotional rest

20 CHAPTER 20

YOUR CREATIVE FIX

Social rest

Sensory rest

Creative rest

Spiritual rest

21 CHAPTER 21 CONCLUSION

Creative Prescription

Pattern Pauses

At the end of each Part of the book, pause. Use these pages to identify any patterns or themes that are emerging in your insights so far.

Not doing the chapters in order? No problem. Use the Pattern Pauses when you've worked through several chapters, or you feel like you're noticing themes.

PATTERN PAUSE

Chapters read so far / since last pause:

Without thinking too much or going back through the book, note down insights or learnings that stood out to you.

What do you remember most?

What have you kept turning over in your mind?

What felt important, even if you're not sure why?

PATTERN PAUSE

PATTERN PAUSE

Looking at your previous answer, and your Chapter Reflections, are there any themes, ideas or feelings that show up more than once?

PATTERN PAUSE

Are there any connections that you notice?

PATTERN PAUSE

What has come up that you didn't expect?

PATTERN PAUSE

What did you resist, avoid, or feel uncomfortable with?

PATTERN PAUSE

Why might that be?

PATTERN PAUSE

What felt like permission, relief or validation?

PATTERN PAUSE

Has anything shifted in how you see yourself and / or your creativity?

PATTERN PAUSE

What ideas, approaches or changes would you like to take forward?

PATTERN PAUSE

What would you like to explore more?

PATTERN PAUSE

What feels like it needs more care and attention?

PATTERN PAUSE

Is there anything else you want to note from your insights so far?

Reflect & Integrate

When you have read the whole book, take some time to zoom out and look at the full picture.

Use these pages to identify your key learnings, and the actions you want to take forward.

REFLECT & INTEGRATE

**What has/have been your key takeaway(s)
from *Divergent Creatives*?**

**How would you summarise your experience
of reading this book?**

REFLECT & INTEGRATE

Personal patterns

What patterns have you noticed in your thinking and creativity?

Where do you most often get stuck?

REFLECT & INTEGRATE

Personal patterns

When does creativity feel most easeful or natural?

What conditions or environment best support your creativity?

REFLECT & INTEGRATE

Blockers

What keeps getting in the way of your creativity?

What limiting beliefs or fears keep showing up for you?

REFLECT & INTEGRATE

Blockers

What can you do when things feel challenging?

REFLECT & INTEGRATE

Rewriting the story

What beliefs about yourself or your creativity are starting to shift?

What have you started / can you start to do differently?

REFLECT & INTEGRATE

Rewriting the story

What changes do you want to make going forward?

What will you keep, and what will you leave behind?

REFLECT & INTEGRATE

Intentions

What feels like a gentle, realistic next step?

What support do you need going forward?

REFLECT & INTEGRATE

Intentions

How will you look after yourself when things get challenging?

What does a sustainable creative practice look like for you?

REFLECT & INTEGRATE

What I'm learning about myself

THANK YOU

Thank you for taking this journey with me!

I hope this is the start of a more joyful creative practice that nourishes you on every level.

If you've found *Divergent Creatives* helpful, I would so appreciate if you could leave a review on Goodreads, Amazon, or whatever platform works for you. Reviews make such a difference to me as an independent author, and help other people find the book when it might be useful to them.

I'd love to invite you to continue developing a creative practice that is tailored to your needs.

The **Divergent Creatives programme** guides you through building a creative practice that is unique to you, on your own terms, and with my coaching support! You can get a third off the usual price at

CreativeFix.net/DC-Readers

I'd also like to offer you a **7 day free trial** of my Creative Fix Membership platform. Access creative therapy activities (a little like the Creative Prescriptions), creative rituals to aid inspiration and flow, prompts to stimulate your imagination, and tools and guidance to support your practice. Visit

YourCreativeFix.substack.com/DCReaders

Creative Fix

CreativeFix.net



Instagram:
allegra_chapman



Threads:
@allegra_chapman



Substack:
@allegrachapman
YourCreativeFix.substack.com