

THE 5 MINUTE CREATOR

by  Bonnie Kelso



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“ So, I've heard you say:
I would love to start creating my most magical
divinely inspired creative life...
but,
I just don't have time for it right now. ”

This is **#1** excuse I hear from people these
days as to why they can't begin exploring their
unique creative voice.

You really think it is **time** that's stopping you?

Um, I hate to be the one to point it out to you.

It's not time,
it's that big green but up there.
That's right. It's **you**. You're being

a big green butt!

(when you say that).

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Sorry, I know that was harsh, but you should know that I love you. And... I only want you to be your most creative self. I want you to be able to find the bliss, the agony, the dread, and the glory that lives inside yourself and express it outward in order to enrich the lives around you... **every... single... day.**

Every day, I see people squandering their most beautiful creative gifts by not getting started with a creative expression practice.

I see them...

looking at their cell phone, playing games, ignoring the experience of other people around them. That's right, I'm think of you, buddy! The guy I saw in the doctor's waiting room the other day. Don't tell me you don't have time to discover your most amazing potential to change the world as you know it. I just saw you squander twenty minutes of your precious capacity to move hearts, swoon souls, and enlighten the darkest corners of this Earth by playing a loud, and quite frankly, intrusive video game on your phone.

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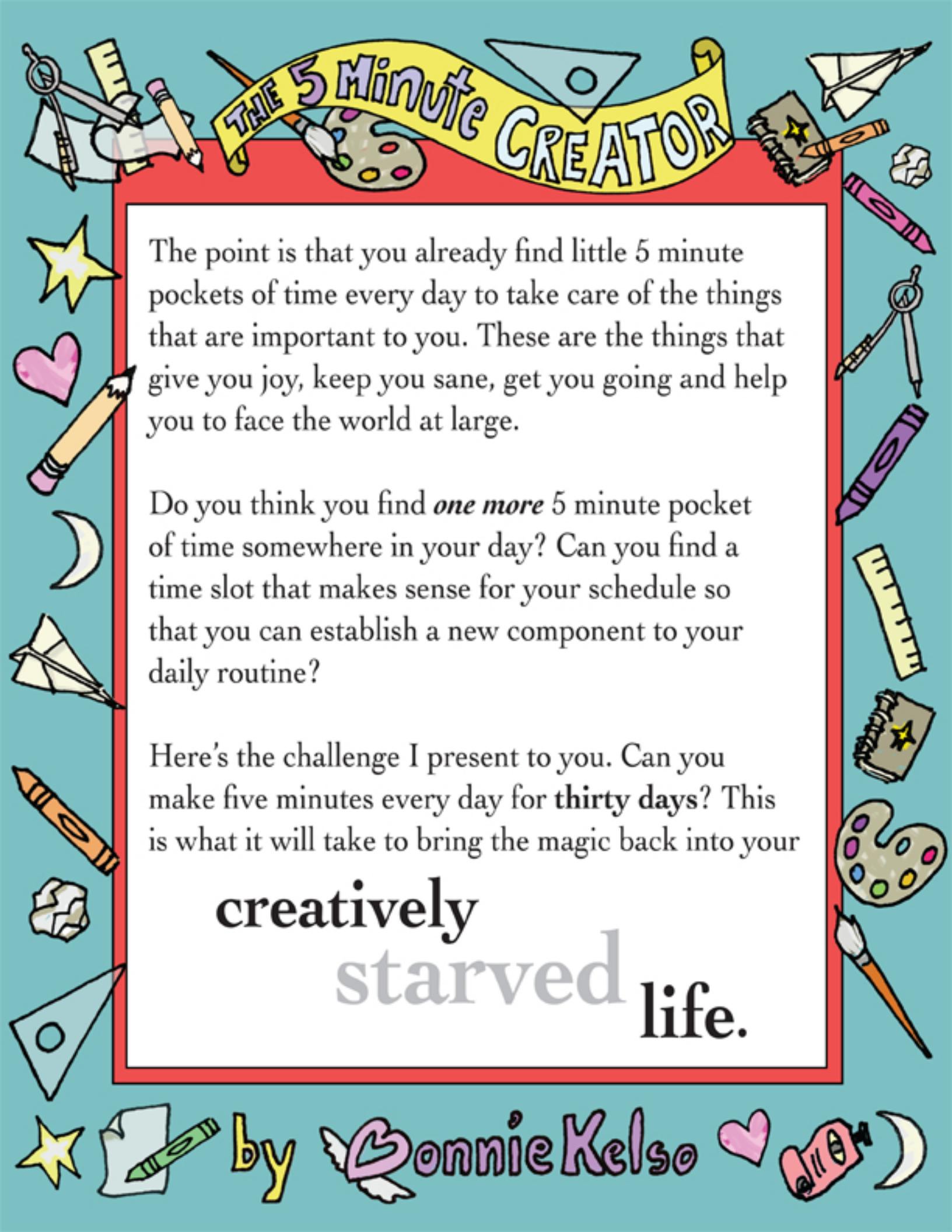
How about 5 minutes? That's all I'm asking for. Don't have unrealistic expectations; your true creative genius might not be released in the first 5 minutes. But if you add up a long series of 5 minute intervals, now we're creating some real possibilities!

5 minutes a day is all you need to get started. If you can start there, you will begin to see some real progress towards a vitalized and enriched creative life. Hmmmm... Let's think, what else takes 5 minutes?

- *going to the bathroom*
- *taking a shower*
- *checking in on Social Media (just once)*
- *brushing (and flossing) your teeth*
- *making a sandwich*
- *brewing a cup of coffee*
- *stretching*
- *watering your houseplants*
- *petting your cat*

Of course you will want to do all of these things, too, especially that flossing part.

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The point is that you already find little 5 minute pockets of time every day to take care of the things that are important to you. These are the things that give you joy, keep you sane, get you going and help you to face the world at large.

Do you think you find *one more* 5 minute pocket of time somewhere in your day? Can you find a time slot that makes sense for your schedule so that you can establish a new component to your daily routine?

Here's the challenge I present to you. Can you make five minutes every day for **thirty days**? This is what it will take to bring the magic back into your

**creatively
starved** life.

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Does that sound too dramatic?

Are you starved creatively?

If you didn't feed your pet every day, certainly she would be starved in no time at all.

Think of this **challenge** as a manageable way to **feed your creative life.**

With this nurturing, your creative life will begin to

thrive.

Are you ready to do this?

Keep reading to understand the benefits of becoming a **5 Minute Creator.**

by  **Bonnie Kelso**



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Three big benefits to becoming a 5 Minute Creator:

- #1: Stress Reduction**
- #2: Increased Self-Confidence**
- #3: Better Creative Solutions**

Show me someone in this world who doesn't need a little more of all three of these, right?

#1: Stress Reduction

The act of drawing, even if it is simple scribbling and doodling, has been proven to reduce cortisol production in your body. This helps you to reduce stress. Creating also begins to release the hormone serotonin, which will physically calm you down. Give it a little more practice and it can help your brain release dopamine. That's the "happy feelings" hormone. Who doesn't need a little more of that every day?

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#2: Increased Self-Confidence

Practice makes perfect? No, practice creates confidence. We are not looking for perfection, that's for suckers! (Read my book **Vitalize Your Creative Life** to learn more about why perfectionism is a dangerous trap). With practice comes increased muscle memory. If you draw a circle a hundred times, the 101th time you draw it, you're going to do it with greater confidence. This is because you work your way through the many firsts of something until you are no longer new at it. You become *seasoned*. With daily creating you will become a seasoned creator. This is automatic confidence building, you don't even have to think about it, it will just start to happen naturally. And don't forget that by becoming a **5 Minute Creator**, you get all those bragging rights, too. "Yeah, I'm a **5 Minute Creator**, how about you?" Drop that one at your next social mixer and see what happens!

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#3: Better Creative Solutions

Your creativity is the result of a neural process. When you engage it, it gets stronger. Here's a metaphor for you: Your creativity is like a Tesla coil. Your brain is firing off neurons all over your gray matter, looking for unique and unconventional connections. This is what makes creative ideas, thoughts, and discoveries occur. By drawing and doodling you are effectively putting your brain in a better condition for these connections to happen. You are manifesting sometimes seemingly intangible thoughts into the third dimension. One day, you might be creating and suddenly a new idea or solution will just pop into your head as if by magic. This phenomenon is all part of your bigger and most amazing creative process.

Pretty sweet, right?

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So, what will you do with all of this unleashed potential?

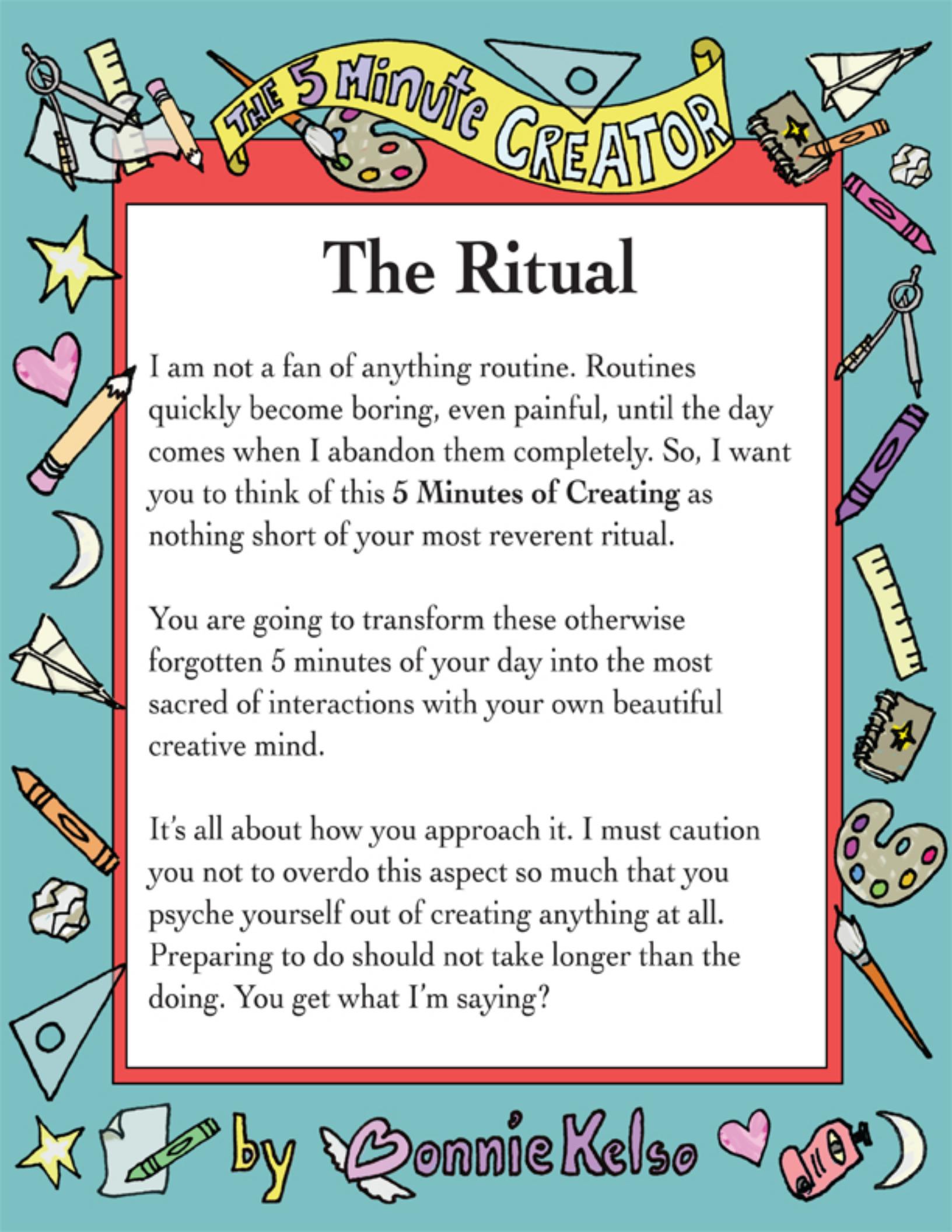
Dude, what *won't* you do?

But, if you get overwhelmed, you can always start working with me as your coach. I even have an online program called **The ABCs of Conscious Creating**. Together we can harness all your creative power and provide you with direction, clarity, and focus to get you creating in the ways that will best work with your creative lifestyle.

Intrigued?
Curious?
Bored?

Ready to get started?

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The Ritual

I am not a fan of anything routine. Routines quickly become boring, even painful, until the day comes when I abandon them completely. So, I want you to think of this **5 Minutes of Creating** as nothing short of your most reverent ritual.

You are going to transform these otherwise forgotten 5 minutes of your day into the most sacred of interactions with your own beautiful creative mind.

It's all about how you approach it. I must caution you not to overdo this aspect so much that you psyche yourself out of creating anything at all. Preparing to do should not take longer than the doing. You get what I'm saying?

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There are only 3 things left to do now:

#1: Choose a sketchbook.

Make it a nice one. Make it a portable one. But most importantly, don't make it so nice that you are afraid to touch it, less scribble in it. Same thing goes for your pens and pencils. Grab a set that makes your heart light up. Don't worry about using them up, because you will, so get over that. Then you will buy another set. After some time you will start to have preferences, so try out different supplies as you go.

*Try out a few in
the art supply store.
Pretend to draw in
them, that way you'll
find one that is going to
be comfortable to work with.
Then snatch it up and get going.*

Experiment.
Have fun.
Play!

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FYI, Here's my sketch book:



PROS:

- #1: Cool brown speckled paper.
- #2: Small enough to carry in my purse or in my backpack.
- #3: Wire binding helps the pages turn easily and lie flat while I'm working on them.

CONS:

- #1: Can't think of a single thing.

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#2: Start Creating.

Draw in your sketchbook. Don't burn yourself out on day one, but draw in it. If you only have 5 minutes, spend 5 minutes. If you have a little more time, spend just a little more time. Don't be too strict with yourself. There really are no rules, except for...

The GOLDEN RULE:

Create every day for at least 5 minutes.

If you miss a day, please don't beat yourself up. Also, don't try to play the catch-up game by filling in pages for all the days you missed. Just start again, with the present day and the present 5 minutes that you have today.

Healthy habits are much like harmful ones. You have to take it one day at a time. Always practice self-compassion.

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#3: Use my Support Group.

Post your drawings on my Facebook Group "5 Minute Creator" every day. It's a great way to stay accountable and be inspired by what others are creating. I'll be posting more ideas and tips there as well.

Okay, so I've used enough of your time.
Go get creating!

Your Creativity Coach,



*P.S. This book probably took about 5 minutes to read, right?
And, sorry about that big green but thing. Hugs.*

www.CreatingYourExperience.com

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