



Own your Creative Power by Embracing your Worth

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It is impossible to own your creative power if you have a low opinion of yourself. In fact, if you don't value yourself you probably don't even believe you have creative power.

The human brain is really remarkable. It is capable of solving problems it has never encountered before. There is ample evidence of this. Throughout the existence of humankind, new problems have come up and people have found ways to solve them. At this time of writing this newsletter, if you live in South Africa, you are probably wondering why, if this is true, no one has solved the electricity crisis. Well, actually, people have put forward solutions. There are people who have proposed ways to solve the crisis. Unfortunately, governments, bureaucracy, and red tape being what they are, means things are slow to change.

The human brain is also capable of unbelievable levels of creativity. We continue to write new music, books, and poetry, and we continue to produce new works of art, sculptures, and buildings never seen before. This is going to carry on. There is no limit to what we can achieve. If you talk to people who have been around in this life for some time, they will tell you of situations they thought they would never be able to get out of but did. Throughout their lives they were challenged to be creative and find solutions to problems they never would have thought possible. Yet they did. Until you are challenged you don't know what your brain and mind are capable of.

Generally, our actions reflect our beliefs. If you are going to utilise your creative power, then you need to recognise that you have creative power, and that means recognising that as a human being you have worth and value. If you don't think much of yourself, you won't believe you are capable of much. You have to know that you have incredible potential. In fact you would be astounded if you knew what you were capable of achieving. What you have accomplished thus far in your life is

minuscule compared to what you could achieve. However, if you don't believe in yourself, if you don't believe you are much or have much capability, you will not allow yourself to realise your potential. Instead of freeing your mind to dream up solutions, you will give up and say it's impossible for me.

If you want to own and use your creative potential, then there are three beliefs you need to have.

1. ***You have worth and value***

You are a worthwhile and valuable person. This is a core tenet of high self-esteem. No matter what other people may have told you, and sometimes family and educators and bosses can be quite damaging in saying things and acting in ways that belittle you, you have worth. Other people are not the authority on you. If they tell you or act in ways that suggest you don't count for much, or won't amount to much, they are wrong. You are a worthwhile and valuable person capable of many great things. Know this. Believe this. You need to know that you are worth the best in life in order to be able to utilise your creative potential. If you don't believe you are worth much you will be satisfied with little. You won't utilise your brain and your mind to create a better life for yourself.

2. ***We all have strengths and talents***

Every single person is born with the capability to be talented in some area. Sometimes because people are not afforded the opportunities, or don't take advantage of the opportunities available to them, they don't engage in activities which would help them develop their talents. If you don't know what your strengths and talents are then make a point of finding out. Try out different activities. Think about what you love to do. Ask other people. Make sure you know your strengths and talents because knowing them will help you own your creative power.

3. ***You have incredible potential***

We don't know what the limits are to human potential. Forget about thinking and creative ability, we don't even know in sports what the limits are to human achievement. Athletic records continue to tumble every year. And we continue to come up with new ideas and create and invent new things. We certainly haven't run out of ideas. No human brain has reached the limit of its capability to creatively problem solve. You certainly haven't. Whatever you have achieved in your life, whatever your accomplishments, you can do so much more if you want. More than you could ever realise.

These above three beliefs are important to owning your creative power. Know your worth. Know that you have strengths and talents and use them. Realise that you may also have uncovered talents too. Recognise you have unlimited potential. You are never going to reach the point (as long as you are fairly healthy) where your brain stops being able to solve problems and come up with new ideas for you to try out. You have creative power and you probably have no idea just how much you have. No one has been able to find any limits as to what human beings can achieve yet. You literally are capable of creating almost anything you want. Believe in yourself, know and use your strengths, and realise you can achieve incredible things if you want to.