



What does it mean to OWN your creative power?

1 December 2022

The theme of the newsletters this year has been “Own your Creative Power”. As this is the last newsletter for this year, this will be the last newsletter around this theme. During the year we have discussed that we all have this creative power. We have discussed what gets in the way of us using our creative power such as fears, poor self-esteem and a lack of self-belief, anxiety and stress, and obstacles and roadblocks on our path. We have looked at how to build our creativity and imagination as well as looked at other ways to build and develop our creative power through achieving goals and spending time with people who own their creative power. We have discussed how to identify and use the opportunities that exist out there. In this last newsletter, I want to focus on the word “own”. You have creative power, but you need to own it. What does this mean?

So yes, I did look at what the dictionary said about “own”. And the explanations were as follows: “emphasise that something belongs to a person, have as one’s own, possess, have in one’s possession, have to one’s name, count among one’s possessions, have, keep, retain, maintain, hold, be blessed with, enjoy”. So, if you own something it is yours. It is also your responsibility to look after it and use it. No one else is responsible for it. Either you take ownership, or you don’t.

To own your creative power means:

1. I own that I can create a happy life for myself.
2. I own that I have set limits on the life I believe I can lead, and it is up to me to remove these limits and create new empowering beliefs.
3. I own that my capacity to grow and learn has no limits.
4. I own that I am not a victim of my circumstances. I can rise above and master my circumstances.
5. I own that it is never too late to start over and create the life I want.

6. I own that I choose to think and act the way I do. And if that is not working out for me, then I can choose different thoughts and actions.
7. I own that should I choose to put in the hard and heart work, I can heal from much of my past.
8. I own that change is possible and it is me who needs to make change happen.
9. I own that my potential is unlimited.
10. I own that how I spend my life, who I spend it with, and what I do with it, is up to me.

At the heart of all of this is that we are responsible for our lives. Many, many people don't get this, and some don't want to get it. We want others to be responsible and so we blame others and justify why we cannot change. But you can. You do have personal power. You need to own it and use it to create the life you want.