



## Joining Communities that own their Creative Power

1 June 2022

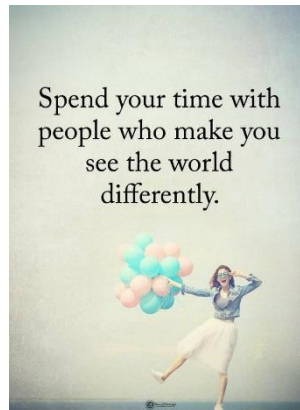
Can you believe it, we are almost half-way through the year? A year that to date has been filled with so many unusual situations – the continuation of Covid, the war in Ukraine, price hikes and fuel challenges. It has never been more important, and perhaps more difficult, to own your creative power to ensure you don't just survive through these times but grow and thrive and be your best.

Continuing the theme for the year, in this newsletter I talk about how your community – the people you spend your time with – can help you develop your creative power. Community can include family, friends you spend time with, gatherings you regularly attend, people you follow on social media, or elsewhere, or people in your place of work. It can even include people who live around you if you interact with them a lot.

This is not something we think about much, however the people you spend your time with influences how you think. They influence your thoughts, your beliefs, your attitudes, your ambitions, your lifestyle, your dreams, your goals, as well as your belief in yourself. And they always have from the time you were born.

The neocortex, the most advanced part of the brain responsible for thought, language, abstract thinking, creativity, problem solving, decision making, and other high-level human functions, develops mostly after we are born. Neurons are present at birth, but they are not connected into neural circuits. As we interact with life and interpret what happens around us, as we hear words and see activity, so the neurons become wired into neural circuits and our thoughts and beliefs and attitudes are formed. What you believe about yourself, what you believe about others and yourself in relation to others, and what you believe about the world and how it works, is based on what people around you have said and done, and what you

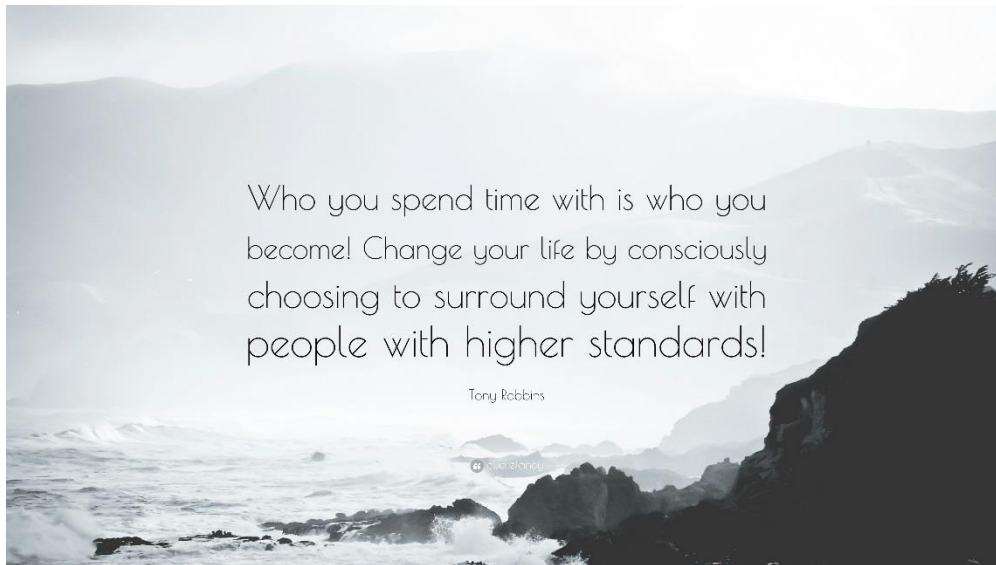
have read and listened to and understood. Your current level of happiness, success, self-belief, aspirations, and dreams depend on the people you have encountered so far in your life that you have listened to.



You probably have not been that deliberate about who you do listen to and who you do surround yourself with. Generally, as people, we don't think about that. We just go about our lives with whomever happens to be around at the time. As people most of us do that. However, some people, especially those with high aspirations, people who want to impact the world and realise their full potential, are quite deliberate in who they choose to listen to and spend time with. And this is something you probably want to do if you want to own your creative power.

Now you don't have to be brutal in kicking people out of your life, unless they are extremely toxic and damaging to you. However, you do want to think about who you have in your life, and who influences your life. If you sit around a table talking to people who are creative and visionary, your brain is going to be influenced by what they say, and some of that will rub off on you. You will become more creative and visionary. If you sit around a table and talk to people who are negative and always complaining, your brain will pick up on that too. And you will become more negative and a regular complainer about everything.

Think about your goals. What are some of your goals? Think about who you want to become as a person. What qualities do you want to have? Then think about the people you need to be spending time with listening to, or talking with, to start moving your life in the direction you want it to be.



Once you know what qualities you want in people then look at where and how you can find them. YouTube is an obvious place where many people get their inspiration and guidance from. So much is available on YouTube. You can also think about people in your community. Is there someone you can think of, or even better, are there several people you can think of, who own their creative power? Then make the time to get to meet and talk to such people. Not just once off. You need regular interaction with people to be influenced by them. Are there groups you can join where your thinking will be challenged and developed in a good way? Join them.

You can even make this one of your goals for each year. Some people have goals to read a certain number of books. That is a goal to enrich your thinking and creative potential. You can attend seminars. You can follow authors and experts on social media. You can set a goal to join a professional group that will help you learn more knowledge in an area you want to. Don't just read this newsletter and leave it. Think of three specific actions you can take to be in regular contact with people who will influence your mind and your thinking to be more positive, more creative, and more solution-oriented. And then go and take those actions.