

Life After Art

QUESTIONS FOR THOUGHT

Chapter 1

All Children

Are *ARTISTS*

why we are all born naturally creative

1. *What did you enjoy creating as a child?*

2. *With whom did you share your creations?*

QUESTIONS FOR THOUGHT

Chapter 2

The Challenge Is to *STAY*

an *ARTIST* as an *ADULT*

how we lose our naturally born creativity

1. *When did creating things begin to have less of a priority in your life? What became more important? Where does creating rank on your list of priorities today?*
2. *When did you discover your limitations—that you weren't good at sports or art or music or math? What was the last new activity that you were willing to try, even if it meant failing?*
3. *When did you become self-conscious and fearful of your limitations? What are you unwilling to do today because "it will never work"?*

QUESTIONS FOR THOUGHT

Chapter 3

Life without *BEAUTY*

society suffers an epidemic of lost creativity

- 1. What would I like my life to mean when it is over? What do I want my life to say about me?*
- 2. What legacy am I building? What will I leave behind that will tell people about my life? Am I creating timeless things that will outlast me?*
- 3. How much time and energy do I sacrifice by filling up my mental landfill?*

QUESTIONS FOR THOUGHT

Chapter 4 *COLORING* inside the *LINES*

relearning how to create within the boundaries of life

1. *What limitations are routinely placed on my life? Do I feel I don't have enough time, money, the right personality, etc.?*
2. *How do I allow those limitations to dictate my life and level of happiness and satisfaction? In other words, how do I allow those limitations to cause me to settle for a "good enough" life?*
3. *Which of the "lines" or limitations in my life are permanent? Which can realistically be erased or moved?*
4. *How can I live within my limitations and still achieve something good with my life? How can I learn to be content and satisfied with the circumstances I have?*

QUESTIONS FOR THOUGHT

Chapter 5

Freedom to *FAIL*

relearning how to take necessary risks

1. *What self-imposed limitations are you placing on your life because of your fear of failure? What are you not trying in order to avoid failure?*
2. *What would the consequences be if you failed? Embarrassment? Financial loss? Are the consequences really severe enough to keep you in fear? Is there a goal you can make for which the consequences of failure are not severe enough to deter you?*
3. *Are you happier and more content living inside your limitations, never knowing if you could succeed at something new?*

QUESTIONS FOR THOUGHT

Chapter 6

Born to *CREATE*

relearning how to be a creator

1. *What is my life creating: beauty or ugliness?*
2. *Who is affected by the beauty of ugliness I create? Who am I creating for?*