

# Clare Thorbes

## Creativity Coach

### Block-Buster

Info and Inspiration for Creatives: September 2018



#### FEATURE

#### ***Your Cheatin' Heart***

Oh, that queasy feeling when you've taken shortcuts in your work! You've slacked off on learning your lines, failed to give your all in the bottom left corner of the painting, or can't nail that word picture, and then you tell yourself, "Oh, to

hell with it.”

Giving in to “good enough” can threaten your self-esteem as an artist and sap your confidence when you’re showing off your creations. After all, you know in your heart exactly where you let something go. What begins as your inner critic’s little nagging voice can soon become a monster of self-recrimination.

In art school, one of my instructors told us that artists have to be able to look at their work and say, “This is shit!” (Assuming it is in fact lacking something). She didn’t intend to foster self-deprecation; instead, she was talking about the kind of ruthless honesty that won’t let you off the mental hook until you’ve corrected the flaws you can see, and you’re certain that further work won’t improve the outcome.

Your natural stopping point, whatever your creative medium, is when you’ve put all of your existing skills, knowledge, imagination and heart into the work. Then you can proudly say, “This is the best I can do at this stage of my development.”

Inner integrity will serve as your armour against the thoughtless, cruel, ignorant or otherwise hurtful comments of your audience and it will keep your ego in check when praise comes your way.



BOOKSHELF

## **Get It Done: From Procrastination to Creative Genius in 15 Minutes a Day**

Sam Bennett

New World Library, Novato, CA, 2014

This coach-in-a-book contains so much wisdom and so many good ideas that it's one of my favourite resources. The author covers the gamut of obstacles to completing and showing our work: figuring out which project to work on first, tackling resistance, overcoming procrastination, changing the to-do list to a could-do list, and organizing the workspace in a way that works with our individual nature and habits.

Bennett invites us to bring our inner creativity-blocking monsters into the light. She asks these questions: What's kept you from succeeding? What are you afraid might happen if you fail at this project/succeed at this project?

She teaches us how to harness the power of jealousy and how to overcome disappointment and the compulsion to compare ourselves with other creatives.

There's a chapter on the money habits and choices that perpetuate a low-income existence for too many creatives. Bennett isn't afraid to delve deeply into this topic, and she provides valuable tools for changing our relationship with money. One idea is to create a project budget, then imagine what would happen if we multiplied that budget by a factor of 10 or 100, to boost the project's potential impact and inspire us to enlarge our vision.

---



## BRIGHT IDEAS

There are many ways to describe the creative activity that goes on in the mind while we're engaged in non-creative tasks and pastimes: percolating, incubating, etc. Writer Gail Bowen, in her book *Sleuth*, calls it pre-writing, and says she spends about a third of her writing time on this process, while "walking with my husband, peeling spuds, playing with our grandkids and our dog, taking a shower, reading old New Yorkers, or staring at the wall."

Bowen says pre-writing nourishes and sustains her writing life. "Every hour spent in pre-writing rewards me richly when I sit down at my desk and begin to write."

---



## COACHING NEWS

I'm in the process of creating a workshop to introduce creativity coaching to Ottawa writers, performers and visual artists. Stay tuned for details!

There are still spaces available for in-person coaching if you're in the Ottawa area or telephone coaching if that works better with your schedule. The first meeting is always free and will give you a good sense of what coaching can offer you.

Please contact me at 1-613-296-5207 or visit [www.clarethorbescreativitycoach.com](http://www.clarethorbescreativitycoach.com) to arrange your free first consultation.

---



## WISE WORDS

“Our greatest offering as actors is the vulnerable underbelly of feeling, which we so often protect and hide. Getting comfortable with opening it up and sharing it is as crucial as it gets in acting.”

— Sonya Cooke, *Seven Pillars Acting: A Comprehensive Technique for the Modern Actor*

## Clare Thorbes

Clare Thorbes is a creativity coach and a visual artist specializing in portraiture. She helps writers, artists and performers overcome creative blocks and build a fulfilling life in the arts.

[About Clare](#)



Learn more about Creativity Coaching

---

*Copyright © 2018 Clare Thorbes, Creativity Coach, All rights reserved.*

Want to change how you receive these emails?  
You can update your preferences or unsubscribe from this list

