

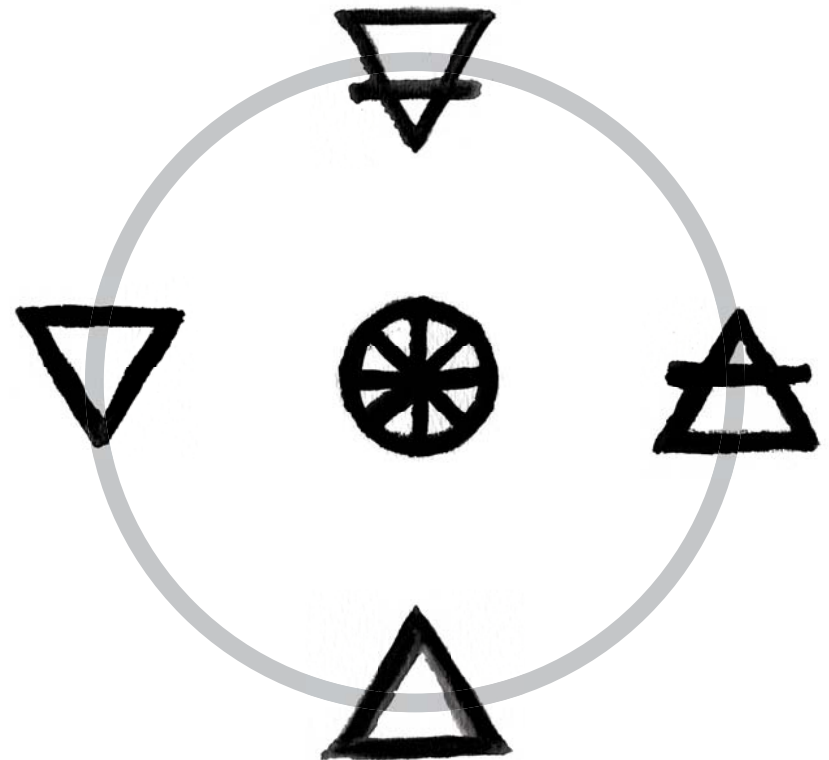
RESOURCES

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- Gilbert, Elizabeth. *Big Magic: Creative Living Beyond Fear*. New York: Riverhead Books, 2015.
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Links

- Creative Alchemy Playlist: <https://www.youtube.com/playlist?list=PLpipwgVMXWx4VvGAdesmn0ApK-wPtS95Qh>
- For more info, including a PDF of this handout, visit: margaretmayomcglynn.com/alchemy

Lead into Gold *The Alchemy* *of Creative Self-Belief*





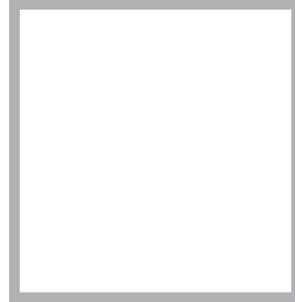
Exercise 1

air

Name Your Inner Critic

Draw Your Inner Critic

Lies Your Critic Tells You



The Antidote • Positive Self-Talk • The Truth

alchemy



Later, when you have a moment to reflect, look back at your answers to all the exercises, and write in each box an action you can take to support each elemental aspect of your creativity. Then schedule them.



Air - Beliefs



Fire - Inspiration



Water - Emotions



Earth - Exercise/Habits



Aether - Spirit

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