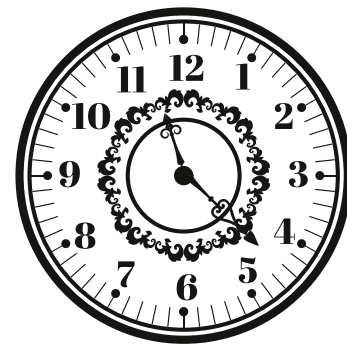
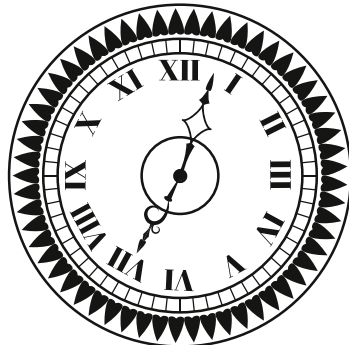
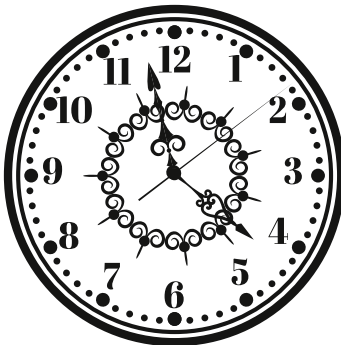
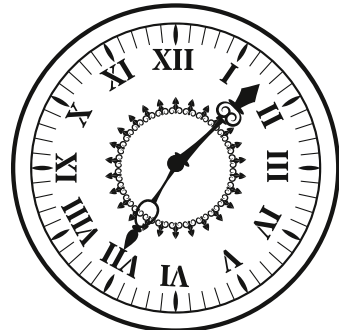
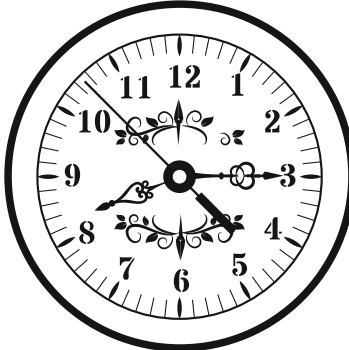
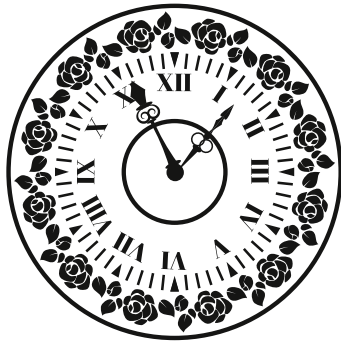
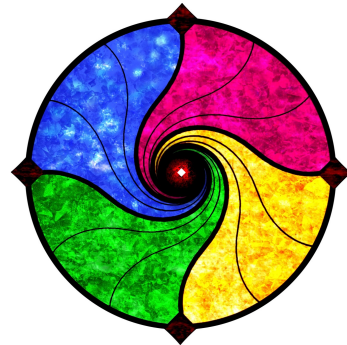
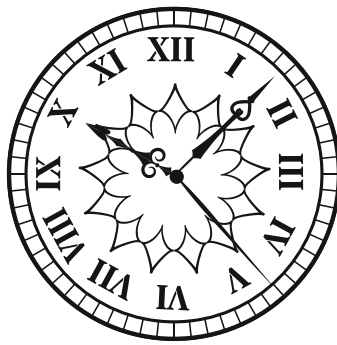
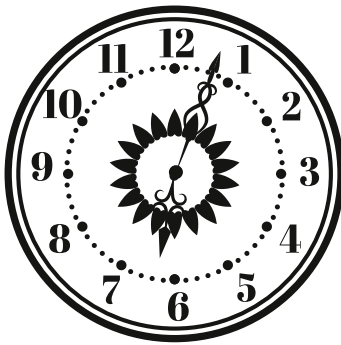


The Wheel of Creativity™ QuickStart

Find your place in the Wheel. Take your place in your Life.

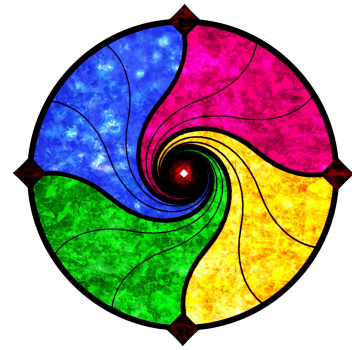
by Katherine Robertson-Pilling



It's very important always to live your life by
an inner scorecard, not an outer scorecard."

– Warren Buffett

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Welcome to the Wheel of Creativity™ QuickStart

Step-by-step from where you are to where you want to be

Welcome!

I'm Katherine Robertson-Pilling, strategic creativity coach, entrepreneur and author of The Wheel of Creativity: Taking Your Place in the Adventure of Life.



Katherine Robertson-Pilling

I'm so happy you've decided to take this step on your personal path to success. Know that this is just the first step. The Wheel is a complex tool that takes time to understand and use to its full benefit. But this is a place to start. Even this first step takes courage.

So bravo! Let's get started!

How Do I Use The Wheel of Creativity to Get Where I Want to Go?

Everything in your life is the product of a creative process. Conscious or unconscious, deliberate or by default. Everything that exists began its life as energy collected as an idea in someone's mind, quickened and captured in the spirit, nourished and grown in the heart, and produced in the physical world.

This QuickStart will help you understand and use the Wheel in your business or creative projects and your daily life. You'll find tools here to help you deal with the experience in each station, achieve the task there and keep going until you make your vision real.

The Wheel of Creativity™ QuickStart

STEP 1. Choose your area.

Every area of your life has its own creative cycle.

The reality is that you are in many places in the Wheel of Creativity at the same time. So it is helpful to choose one area at a time to focus on for this exercise. Whether you want to build a business, raise a child, compose a film score, write a book, or get fit, each of those processes is creative; and each has a Wheel of its own.

So, the place to begin, choose one area that you want to work on now.

- ✓ Business
- ✓ Security/Finance
- ✓ Physical Environment
- ✓ Romance/mate
- ✓ Health & Well-being
- ✓ Contribution/Giving
- ✓ Personal Growth
- ✓ Creativity
- ✓ Love & family
- ✓ Friendship
- ✓ Spirituality
- ✓ Fun & Recreation

Write down the area you have chosen here:

What is bothering you in this area of your life?

How do you want it to be?

What do you want to be / do / have / give here?

STEP 2. Get to know the map. Discover the Wheel.

On the next page you will find a copy of the Wheel of Creativity. Your journey around the Wheel begins at Home. It's the status quo; it's your comfort zone. We love our comfort zones, and we'll stay there as long as we can... until one day something happens – you lose your job, your partner files for divorce, your business fails – or maybe you've just had enough. But that propels you out of your comfort zone and onto the Wheel from what-is to what-could-be.

The Four Quarters. Personally trip takes you counterclockwise through four quarters...

- Quarter 1: Vision is the quarter of the Mind... your thoughts.
- Quarter 2: Exploration is the quarter of the Spirit... your intuitions or instincts.
- Quarter 3: Incubation is the quarter of the Heart... your emotions.
- Quarter 4: Cultivation is the quarter of the Body... your physical sensations.

In a business or creative project, the four quarters equate to:

1. The Idea: where new things begin, in the form of ideas.
2. The Research: where new ideas are pursued and tested.
3. The Prototype: where new things are sown, protected and grown.
4. The Product: where new things are developed, refined and made real.

The 12 Stations. Each quarter has three stations – a beginning, a middle and an end – with their own unique experiences, tasks and rewards.

For example, Hunger is Station 1. In Hunger...

- The Experience is Restlessness.
- The Task is to Tell the Truth.
- The Reward is Awareness.

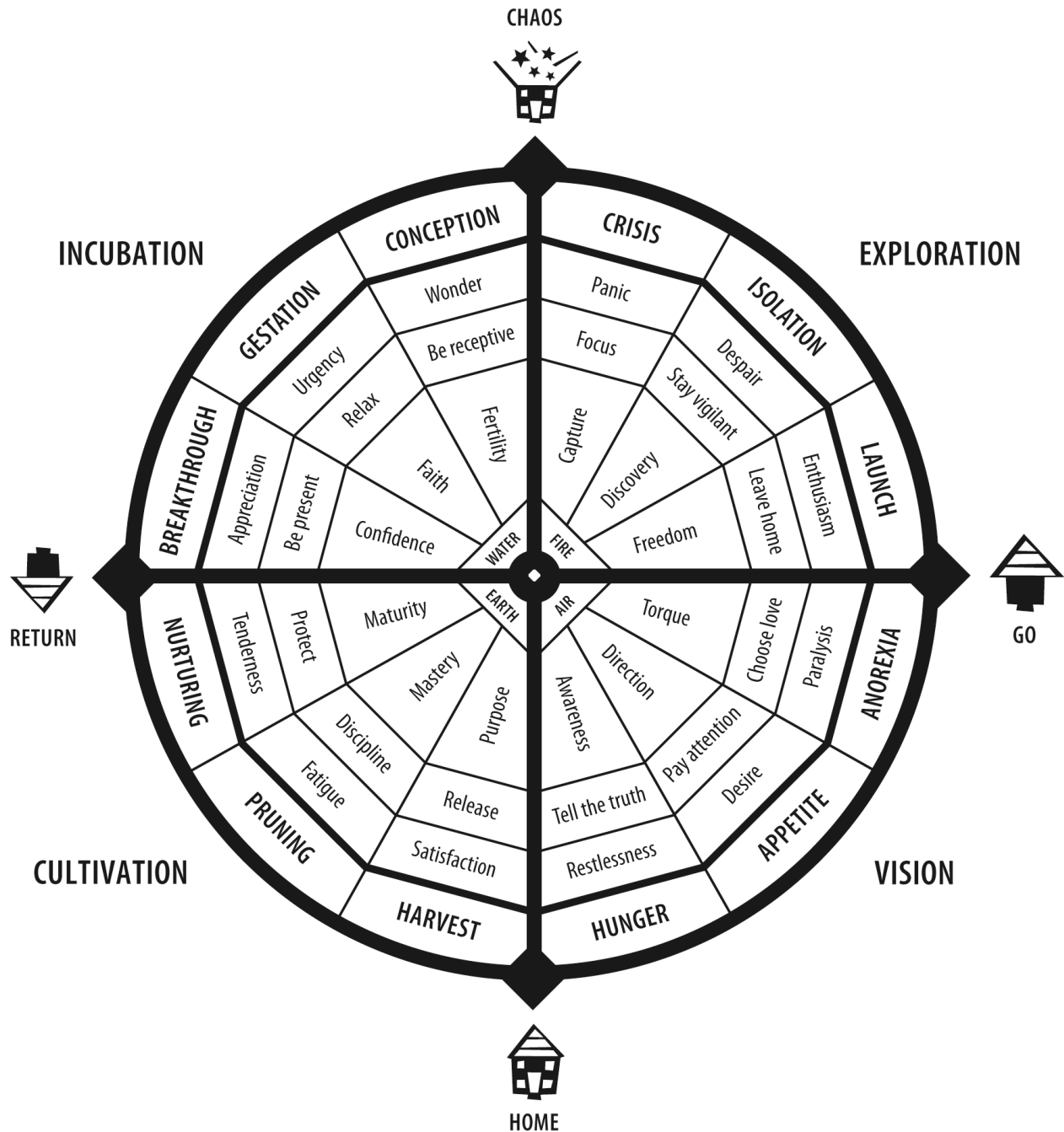
Take a moment now to trace your way around the Wheel, noting the three stations in each quarter and the experience, task and reward in each.

The Two Principles. The creative process includes two key principles: Active and Receptive. You could think of these as Left brain and Right brain. Doing and Being. Transactional and Transformational. We all lead with one or the other, and the one we neglect creates our weaknesses.

Vision and Incubation are receptive, and Exploration and Cultivation are active.

Whether you're a "left-brainer" stuck in the day-to-day operations of your business or a "right-brainer" stuck generating ideas that never convert to profits, it's easier to just keep doing what you know how to do. But both are required. You have to leave your comfort zone and build strength in your weaker side before you can truly become successful.

The Wheel of Creativity®



The Wheel of Creativity™ QuickStart

STEP 3. Find your “You Are Here.”

The most important part of using a map is to establish where you are on it.

The Experience. Each station has a unique experience. The quickest way to find out where you are in the Wheel may be to simply identify what you are experiencing now. So using the Wheel on the previous stage, start there. Choose three words from the Experience words you find in the Wheel. List your three words here:

If you're struggling still to find your place, let's take another way around. You can also use these questions to help you find the “You Are Here” label on your map.

Which principle are you operating in—active or receptive? Are you spending more time doing or being? What is needed now? Do you need to take hold or let go? This helps you narrow it down to two of the four quarters.

Which quarter are you spending time in? If you're more into the doing, is it in Exploration or Cultivation? If you're doing more contemplating, is it in Vision or Incubation? Keep in mind that each quarter relates to one aspect of your experience. Vision relates to your thoughts; Exploration, your intuition; Incubation, your feelings; and Cultivation to physical sensations. Each gives you a different angle of insight on your situation.

Now have another look. Which of the stations seems to best fit your situation in the area you've chosen in your life? Do any of the experiences in the Wheel resonate with you now? Don't overthink this. Just go with your gut.

STEP 4. Understand where you go from here.

These questions are designed as guideposts to lead you back to what you already know (and might have forgotten). Once you've identified your station, find that station here. Then use those questions to further explore your current experience, and the task you need take. This process will help you move from the sometimes destabilizing influence of your circumstances to that simple truth of here-and-now.

Vision. Idea.

Station 1: Hunger

- In what area of your life do you feel restless or dissatisfied today?
- What do you know clearly that you do not want in your life?
- What would it mean if you told the truth about your hunger?
- What awareness do you need to move forward in this area?

Station 2: Appetite

- What is the opposite of what you said you don't want in Station 1?
- What kind of nourishment do you desire today?
- What is the quality of your desire mentally? Spiritually? Emotionally? Physically?
- Where is your desire leading you?

Station 3: Anorexia

- Where do you feel stuck in your life today?
- Where does the automatic "No" come up in your life? What words does it use?
- What would you love to do if you could overcome this "No"?
- What kind of force is required to move you off the status quo?

Exploration. Research.

Station 4: Launch

- What are you enthusiastic about in your life today?
- Where do you feel a new surge of energy or power?
- What are you leaving behind in order to move ahead?
- What does this letting go free you to do next in your life?

Station 5: Isolation

- In what area of your life do you feel you made a big mistake?
- What kind of discovery are you counting on now?
- How vigilant are you willing to be in order to see it?
- Who is helping you stay on course? Who is your ground crew?

Station 6: Crisis

- Where are you in crisis in your life?
- What forces do you feel pushing against you as you try to move ahead?
- How will surrender bring you focus here?
- What is the clarity you need to survive?

Incubation. Prototype.

Station 7: Conception

- Where in your life are you in the embryonic stage?
- What is your spontaneous response to this experience or the idea of it?
- What does being receptive look like in this situation?
- What do you hope to bring forth in the world?

Station 8: Gestation

- Where in your life do you feel like you're waiting?
- What do you feel must happen for things to be okay?
- What would happen if you let go and trust the process?
- What do you want to believe about life but aren't quite sure?

Station 9: Breakthrough

- What in your life are you waiting to be born?
- What needs to shift within you in order to appreciate it for what it is?
- How is this New Thing an expression of you? How is it unique?
- What have you learned about the creative process now?

Cultivation. Product.

Station 10: Nurturing

- What are the essential ingredients of unconditional nurturing?
- Where in your life have you experienced tenderness?
- What is the value in protecting the New Thing now?
- How will you know when it is mature?

Station 11: Pruning

- What needs to be cut away for the New Thing to thrive?
- In what area of your life do you feel fatigued?
- What are the essential ingredients of compassionate discipline?
- How will you know when the New Thing is ready?

Station 12: Harvest

- What are you harvesting in your life today?
- In what areas are you on the verge of satisfaction?
- What New Thing are you struggling to release to the world?
- Where do you see your life purpose through what you've created?

The process of achieving all the tasks in all the stations will bring you home again with something new. But don't rush it! A single cycle can take minutes or years, and you always have many turning at once, in every area of your life and your business.

Speed is not the point! The point is to live everything, and learn and grow from it all. The process of changing what's out there in your life changes you.

STEP 5. Bring the treasure home.

Now that you've seen where you are in the Wheel, here are a seven angles you can play with to raise your comfort level in each station. Working in this way as you move from one station to the next, integrates your mind, spirit, heart and body just by doing what you do in your daily life. Every station moves you from the outside of the Wheel—the spin of your circumstances—to finally rest in the center, your “sweet spot” where you at “at home” no matter what’s going on around you.

Enjoy the ride!

1. Inspire yourself. Inspiration can come from anywhere—from a thought while brushing your teeth to a beggar on the street. So take responsibility for letting it in. Throughout these pages, I have shared things I have found to be particularly inspiring. But the best are the things you go out and find for yourself. Name a few things that inspire you:

2. Reflect. Reflection is the beginning of self-knowledge and awareness. Some people meditate. Some practice mindfulness. Taking time to quiet your mind and listen returns you to your own inner wisdom. Make space in your week for this. Keep in mind that reflection may occur differently at different points on the Wheel. How would you like to spend time in reflection?

3. Express. Expression is the out breath of the creative process. If you open your eyes, you will see it in the far corners of your life. Use the questions in this QuickStart as a guide. Make up your own. Keep notes through the week, and experiment with as many different media as you can beyond words. Name a few possibilities.

4. Embodiment. The act of grounding your thoughts and feelings in your body is an integral part of being human. And moving your body has a dramatic impact on your quality of life. Linking the two brings magic to your life. But with computers doing so much for us, we now need to make time for things our ancestors did every day. So make time to get up

and move consciously, integrating your whole being to achieve each station's task. The only requirement is that you enjoy it! What calls you?

5. Connect. Connection is the lowest common denominator of existence. From scientific discoveries to spiritual mysteries, all signs now point to the interconnectedness of all things. Remembering this simple fact, in our darkest hours or brightest days in the spotlight, returns us to our place in Life. Make up a few.

6. Act. Action is the one sure thing no creative process is complete without. Whether you're in the active or receptive phases of the Wheel, the creative process requires you to bring ideas from Essence into Form. This is the focal point of all the other activities you engage in, where external problems find solutions through you. What makes people prolific in their field ultimately requires that they just do it. Name a few things you can do:

7. Celebrate. Celebration is the final step, and one we so often forget. Every success needs and deserves to be honored and acknowledged. So how do you love to celebrate?

"A dream doesn't become reality through magic;
it takes sweat, determination and hard work."

Colin Powell