

# The Core Creativity Action Plan

By Ronald Alexander, PhD

(Adapted from the book “Core Creativity: The Mindful Way to Unlock Your Creative Self”  
by Ronald Alexander, PhD)

## Week 1: Commit to New Habits and the Plan

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation from chapter 3 from *Core Creativity: The Mindful Way to Unlock Your Creative Self*.
- Sitting mindfulness meditation for 5–10 minutes, working up to 15–20 minutes by the end of the week, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Accountability Assignment:* Procure an accountability partner who can work with you starting at the end of week 2 to make sure you did all your assignments in the program.
- *Assigned Exercise #1:* Gestalt Inquiry Technique Exercise from Chapter 5
- *Assigned Exercise #2:* Body Observation Meditation from Chapter 3
- *Assigned Exercise #3:* Free Write, Draw, Paint, Dance, Sing, or Play a Musical Instrument for at Least Twenty Minutes

**OPTIONAL:** Also, use the gestalt inquiry technique, the Body Observation Meditation, a vision board, and tarot cards if you feel these tools will help you.

## Week 2: Dissolve Any Hidden Resistance

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation

- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Assigned Exercise #1:* Return to the Scene to Change It Visualization from Chapter 5
- OPTIONAL: Perfect Completion Visualization from Chapter 2
- OPTIONAL: 10 to 20 minutes of working with the Body Observation Meditation, a vision board (see chapter 7, “Mind-Sets and Habits of Highly Creative People,” for instructions), tarot cards, or a dream that you suspect has yielded insights for you.
- *Accountability Assignment:* Check in with your accountability partner at the end of the week.
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or ideas for one.

### **Week 3: Find Support from Within and Outside Yourself for Your Creativity to Unfold**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Assigned exercise #1:* Consulting a Mentor Visualization from Chapter 4
- OPTIONAL: Releasing Jealousy Visualization from Chapter 4
- OPTIONAL: Assemble a Creativity Support Pod and Schedule the First Meeting
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or ideas for one.

- *Accountability Assignment:* Check in with your accountability partner at the end of the week.

Also, use the gestalt inquiry technique, the Body Observation Meditation, vision board, and tarot cards if you feel these tools will help you.

#### **Week 4: Create and Articulate Your Vision**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Assigned Exercise #1:* Day in the Future Visualization from Chapter 3
- *Assigned Exercise #2:* No-Self Way into Core Creativity from Chapter 6
- *Assigned Exercise #3:* Write Out Your Vision
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or ideas for one.
- *Accountability Assignment:* Check in with your accountability partner at the end of the week.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.

#### **Week 5: Create Actionable Goals and Begin Researching, Absorbing, and Generating to Meet Them**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.

- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Goal-Setting Assignment:* On day 1 of week 5, write out your goals for this week as well as weeks 6 through 10.
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or think of ideas for one.
- *Accountability Assignment:* Check in with your accountability partner at the end of the week.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.

## **Week 6: Articulate Your Winning Formula and Give Yourself Credit for Making Progress**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Winning Formula Assignment:* Write out winning formulas you know of and reflect on them. Then, identify the winning formula you're going to use to guide you in manifesting your vision or creative project.
- *Assigned Exercise #1:* Mindful Patience Meditation from Chapter 7
- *Assigned Exercise #2:* Mindful Self-Compassion Meditation from Chapter 6
- *Assigned Exercise #3:* Write about Your Progress and Give Yourself Credit for Specific Achievements.
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or ideas for one.
- *Accountability Assignment:* Check in with your accountability partner at the end of the week.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.

### **Week 7: Present Your Creative Project or Plan**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Assigned exercise:* Mindful Self-Compassion Visualization from Chapter 6.
- *Presentation Assignment:* Present your creative project or vision and receive feedback.
- *Creativity Assignment:* Spend at least an hour doing research, absorbing, and generating ideas related to your creative project or ideas for one.
- *Accountability Assignment:* Check in with your accountability partner at the end of the week by presenting your project or plan.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.

### **Weeks 8 and 9: Refinement of Your Project or Plan**

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the weeks:*

- *Refinement Assignment: Hone Your Project or Plan*

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- Make a list of the strengths and weaknesses of your plan to guide you in your refinement work. Do refinement work at least ten hours a week—and this is on top of your twice daily meditation.
- *Accountability Assignment:* Check in with your accountability partner at the end of each week.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.

### **Week 10: Completion of Your Project or Plan for the Project**

*Daily:*

- 5–10 minutes of stretching or yogatating or doing the Body Observation Meditation
- 15–20 minutes sitting mindfulness meditation, PLUS another 20 minutes of either mindfulness meditation or an exercise from *Core Creativity*.
- At least 20 minutes engaging in a creative art without judgment.

*Over the course of the week:*

- *Accountability assignment:* Day 1, write a checklist of what you absolutely must get done by mid-week and by the last day of the week. Check in with your accountability partner midweek.
- *Final Presentation Project:* Present your creative project or plan, as described.

Also, use the Body Observation Meditation, the gestalt inquiry technique, a vision board, and tarot cards if you feel these tools will help you.