

THE CREATIVE PROCESS TYPES

MENTORING



PROCESS



GUIDE



MEGANJGARCIA.COM

part two

THE CREATIVE PROCESS TYPES

HOW TO USE THIS GUIDE

The quiz is meant to reflect how you approach creating things and what your purpose behind doing so is.

From there, you received your primary process type and you opened this guide:

- This guide provides you introductory information about your process type.
- Use this guide to reflect over what your creative process actually looks like and identify the pieces of your type that you resonate the most with. Take note of anything that really doesn't resonate for you.
- Reflect on how you view marketing + creativity in your business. Do you consider marketing a method of creativity? Do you feel like there are any gaps in your current strategies?

You will be receiving a creativity + marketing workbook in your email for your type that is designed to help you build a more compassionate creative process for your marketing, business, and projects.

Take what resonates, leave the rest.

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CREATING TIPS

Below you will find some activities that will help you lean into your creative process and help you create in ways that are fun and relaxing.

- Creating a ritual that feels really good to you that you can practice daily. Think about what smells and other sensations you can incorporate.
- Exploring your shadows will help lead you to experiences that will challenge you but will be overall fun. Ask yourself what you are avoiding right now and brainstorm activities that you are feeling pulled to.
- Baking can be a great activity to help you harness the energy of mastery. You are controlling the ingredients and overall outcome. The more you bake, the better you will get leading you to mastery.
- Any activity that has you mixing together ingredients or creating, resin pouring, baking, creating incense, making your own tea, etc.
- Activities that present some sort of a challenge like puzzles, solving mysteries, new languages, etc.
- Learning about biology, astronomy, ecology, etc. any sort of field that explains why things are the way they are.
- Don't be afraid to try new things! Just because you don't get the hang of it on the first try, doesn't mean it can't be fun.



CREATIVITY

What is something that you enjoy about your creative process?

What is something that you want to try with your process?

What creative elements are already a part of your life? Where do you need to give more credit to your creativity?

How does your creative process show up for you?

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STRATEGY TIPS

Below you will find some activities that will help you lean your creative process for your business and strategies.

USE YOUR ENERGY

Your audience is going to know and feel the energy behind everything you put out into the world. Take them along in the things that really light you up!

RITUALS + ROUTINES

Show your audience your rituals and routines and the best parts about them for you.

MASTERY

Share the things you have been able to master! Whether it is recipes or activities, share your knowledge when it comes to your journey to mastery.

SHARE YOUR CRAFT

Lean into your magic no matter what that means. Call upon the energy and power of mentoring and mastery and share your craft!

CHALLENGES

Incorporate your desire for challenge into your work. Don't be afraid to allow things to change and become harder.

FUN + CREATIVITY

Fun and creating may not be the dance parties that you see everyone else doing, but that doesn't mean someone out there doesn't resonate with the ways you have been able to create fun and play in your life.

SHARE MORE

Talk more about your shadows or the things you don't always love about yourself and the way that you handle them. It could be personal or business, but bringing in that talk of shadows will lead to connection and breakthroughs in where you need to lean into creation.

STRATEGY

How can you incorporate your desire for challenge into your strategy?

What is something "unexciting" that brings you joy or fun? Share that!

How can you incorporate the element of routine/ritual into your marketing or strategy?

How do you want your strategy/marketing/business to feel? How is this reflected in your process?

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CONNECT WITH US

Thank you for downloading this guidebook and spending some time with your creative process and your strategy!

This workbook was a collaboration between myself, Meg Garcia-Jahrman, and Kendall Barger, my biz bestie + co-founder!

This resource has been a labor of love that has been over two years in the making.

You can contact me at establisco@meganjgarcia.com
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You can find Kendall on Instagram at [@antiperfectkendall](https://www.instagram.com/antiperfectkendall)

Join our Mighty Network community for low energy creatives + entrepreneurs called The Low Energy Entrepreneur Community.

with love,

meg + kendall

