

# Reminders & Affirmations

(For tending a healthy creative partnership)

<input type="checkbox"/>	I listen to my creativity, not in order to <i>respond</i> but in order to <i>understand</i>
<input type="checkbox"/>	My creativity and I are in a reciprocal relationship, where we experience mutual benefits
<input type="checkbox"/>	I am open--and open-minded--with and toward my creativity
<input type="checkbox"/>	My creativity is a site of consent
<input type="checkbox"/>	My creativity is <i>not</i> a site of judgment
<input type="checkbox"/>	I respect my creativity, which in return respects me
<input type="checkbox"/>	I welcome a diversity of thought and feeling into my creative world
<input type="checkbox"/>	I am safe to change my mind when I am being creative
<input type="checkbox"/>	I learn about and from my creativity
<input type="checkbox"/>	My creativity is a site of honesty
<input type="checkbox"/>	My creativity is a source of authenticity and integrity
<input type="checkbox"/>	My creativity allows and encourages me to be myself
<input type="checkbox"/>	My creativity witnesses me without trying to fix me
<input type="checkbox"/>	I witness my creativity without trying to fix it
<input type="checkbox"/>	I engage with my creativity outside the parameters of expectation
<input type="checkbox"/>	I am consistent with my creativity, which in return is consistent with me
<input type="checkbox"/>	My creativity is a site of vulnerability
<input type="checkbox"/>	My creativity evolves, as do I