

The Warrior Woman's Guide To Creative
Reinvention **Build Me** Series - Ebook #2

iPad

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Build Me - Build My Business

HOW TO USE SILENCE
TO

Kickstart Your Creativity



Warrior Women Hope



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Introduction - An Invitation To Pause

Introduction

Welcome to No. #2 in "*The Warrior Woman's Guide To Creative Reinvention*" Series.

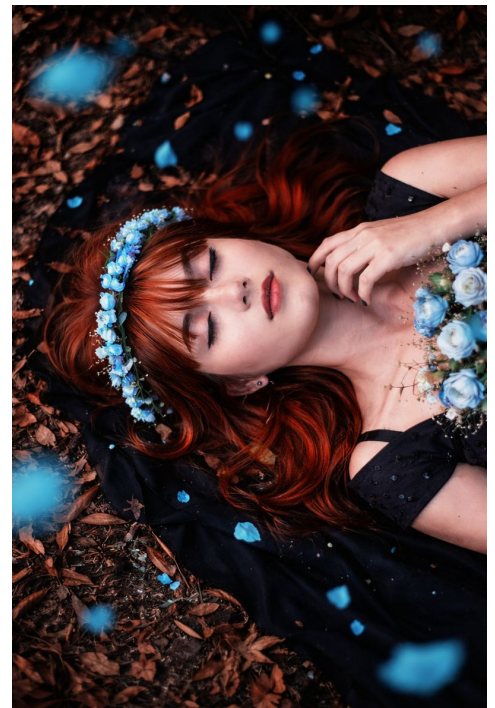
The guides consist of a two-part pathway for women looking to change their circumstances and create a life more purposeful & rewarding. This book is part of the 'Build Me' 'arm' which takes care of YOU, the woman - before anything else.

It's worth remembering that creative thinking is how we solve all our problems; without it, we can't even imagine a situation greater than our current circumstance - so we'd never change anything.

Einstein said it best: "*We cannot solve our problems with the same thinking we used when we created them.*"

The way we think - and rest, can change everything - and it starts with inner stillness - because that is when we are at our creative best.

Purposeful creativity is something many women long to return to after years of juggling careers & family, or dealing with illness or emotional upheaval - & it's often been a long time coming. This guide can help you move towards that now.



⚙️ Our creative talents are a kind of personal sanctuary, they're good for our health & wellbeing and invite a potential source of income.

How To Use This Guide

This guide is an invitation to pause - to enter a space - one where your nervous system can soften, your thoughts can settle, and your inner knowing can surface again. You don't need to be artistic - you only need willingness & an open mind. As you move through these pages, commit a little time each day, consistently for at least 3 weeks and you will learn how to use silence for space, for safety & a new 'becoming'. There's nothing you need to prove here. Nothing you need to achieve; just notice what arises when you stop pushing... & begin listening to your intuition again. Let go. You'll be so glad you did!

Create Space For Stillness

Today is:	Mon Tue Wed Thu Fri Sat Sun	Month/Year:
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Find your spot; a favourite chair, yoga mat or in your garden, if it's quiet. Eyes closed.	Breathe in slowly and deeply through your nose & out through your mouth. RELAX!
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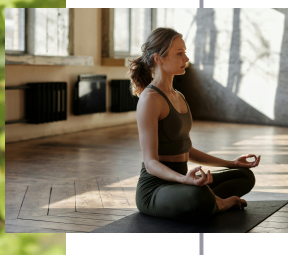
What Thoughts Fluttered By?

☐ e.g. I can't meditate!	Let it pass - it becomes easier + practice
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☐	
☐	
☐	
☐	
☐	
☐	
☐	
☐	

How Did It Make Me Feel?

What New Insights Came To Me?

☐ e.g. eventually, I felt more at peace	e.g. I should stick at things for longer
☐	
☐	
☐	
☐	



Notice What Surfaces

Today is:	Mon Tue Wed Thu Fri Sat Sun	Month:
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Did doubt or negative self talk creep in?	Notice it but don't dwell on it - let it pass.
Practice 'butterfly' thoughts and whatever comes up, acknowledge it but say: "I'll think about you later...or tomorrow - this time is for me!"	
☐ e.g. "I don't have time for this..."	"I've earned this time and I claim it now."
☐	
☐	
☐	
☐ e.g. "How will I ever feel unstuck? "	"I've overcome challenges before"
☐	
☐	
☐	
☐	

DRAW How It Made You Feel + Colours	What Thoughts Come To Mind Now?

3

Today is:	Mon Tue Wed Thu Fri Sat Sun	Month:
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Did doubt or negative self talk creep in?	Notice it but don't dwell on it - let it pass.
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DRAW How It Made You Feel + Colours	What Thoughts Come To Mind Now?

Shift Into Receptive Mode

Ask yourself: "If I believed everything was possible for me - what would I allow myself to imagine?"

Rather than trying to force ideas, breathe in for 5 - hold for 2- and release for 7 counts and lean into listening. Silence creates a state where your subconscious can speak more clearly; you might ask yourself a gentle guiding question before sitting down—something like: "*If I believed everything was possible - what would I create today?*" Then release the question into the quiet stillness. By doing this, you activate your brain's natural pattern-recognition abilities, allowing innovative connections and insightfulness. It's where our creative magic happens!

Your Body & Mind Will Thank You

When you take slow, deep breaths and increase the amount of oxygen into your bloodstream, quite amazing things happen in your body:

- you will drift into a relaxing altered state of consciousness (*like daydreaming*) this is ASC and we do it many times in one day - and at different levels.
- when your brainwaves slow down a lot happens; your sodium/potassium reset, you have a greater sense of calm, emotional processing & potential for creative problem-solving. It also reduces anxiety, and improves focus.

Gamma Waves (30-100 Hz)		Insight Learning Problem Solving
Beta Waves (12-30 Hz)		Active thinking Alertness Stressful
Alpha Waves (8-12 Hz)		Relaxation Meditation Lucid awareness
Theta Waves (4-8 Hz)		Daydreaming Intuition Creative thinking
Delta Waves (0.5-4 Hz)		Deep sleep Recovery Unconsciousness

Alpha Waves (8-12 Hz): A relaxed but alert mental state, leaving space for creativity and reflection. Triggered by activities like creative visualization, meditation, yoga, or deep breathing exercises and allows for a sense of mental clarity.

Theta Waves (4-8 Hz): A deeply relaxed mental state associated with deeper levels of the subconscious, and a path to creative intuition. Triggered by activities like deep meditation, REM sleep, visualization, lucid dreaming, sound therapy and hypnosis.

Delta Waves (0.5-4 Hz): Deep, recovery sleep and restoration of mind and body. Delta waves play a role in processes such as tissue repair, muscle growth, and the release of growth hormones.

TIP: Wind-chimes or Koshis are great for transitioning into a different 'head space.'

Anchor With A Ritual

Make it a habit - tick off every day you stick to it - & feel proud of yourself!

SUN	MON	TUE	WED	THU	FRI	SAT
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

Practice Consistency

How Did You Do?

Keep track of your progress - but remember - it's OK to be imperfect!

MONDAY		TUESDAY	
WEDNESDAY	THURSDAY		FRIDAY
SATURDAY		SUNDAY	

Give Yourself 10 Creative Minutes

Each day, let your creativity run wild! Can you draw, invent a character or storyboard?

MONDAY		TUESDAY	
WEDNESDAY	THURSDAY		FRIDAY
SATURDAY		SUNDAY	

Journal Your Progress

Self-Reflection Revelations

HOW DOES CREATING MAKE ME FEEL?

[illegible]

WHAT MAKES ME SMILE

WHAT MAKES ME SMILE

MY THOUGHTS

MY THOUGHTS

DRAW HOW YOU FEEL!

DRAW HOW YOU FEEL!

TOMORROW IS A GREAT DAY BECAUSE...

If you're ready for additional help to reach your creative potential, there are 6 eBooks in "The Warrior Woman's Guide To Creative Reinvention" Collection.

Further Help & Support

"If you'd like guidance creating a supportive environment for this work, the next gentle step is the 7-Day Reset."

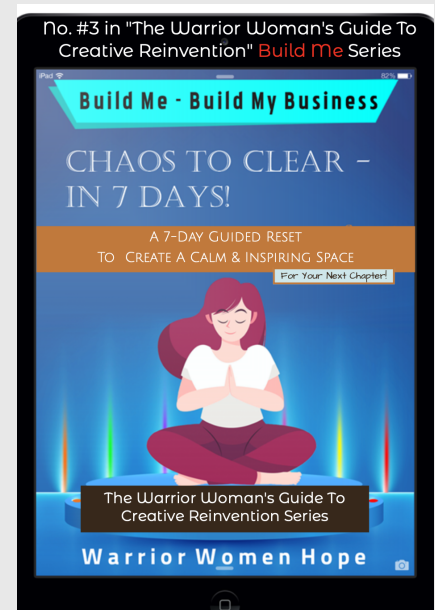
'CHAOS TO CLEAR' In 7-Days!

When you're ready to start something new - you will need a nurturing, uncluttered space; a space just for you that encourages your unique creativity.

A space where you can safely build confidence.

A gentle 7-day reset that supports you to:

- reduce overwhelm
- establish healthy boundaries
- feel grounded & capable again
- bring structure to your work space



When you decide to explore further, *The Warrior Woman's Guide To Creative Reinvention* Series includes 6 thoughtfully designed Ebooks to support you at every stage - but most importantly, from where you are NOW!



'Build Me' Series



'Build My Business' Series

If you haven't already, you may find the free companion guide 'How To Overcome Negative Self-Talk' a supportive place to begin - or return to.



thank you

