



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Chaos, Flow and Creative Confidence

By Creative Katrina

The path of self-discovery is like a wild ride on a roller coaster. It creates a beautiful mix of energy and emotion that can't be predicted by the tracks ahead.

The act of exploring the "inner you" and how you work makes room for a new, distinct voice to emerge. This voice is the raw, unfiltered essence of your true creative self. As the self-exploration process draws attention to new details and deepens self-awareness, you get the thrill of turning insights into wisdom and creative confidence.

Throughout the process, however, you can feel fearful, exposed or ungrounded as confidence waxes and wanes. Your creative sense of self, belief in yourself and how you value yourself in comparison to others becomes vulnerable. The connection to inner worth can feel shaky or unclear. A self-growth journey also exposes fresh insights to integrate, while revealing old wounds or new vulnerabilities to heal. These shifts can seem subtle on the surface, yet, shape the roots of new behavior deep down as you become more intuitive, sensitive and open to your creativity. Despite the chaos of the roller coaster ride, the gift is to see beyond the moment to accept an invitation into a new creative playground. **This is why it's essential to find clarity and grounding through simple self-love practices.**

The mirror reflection of any heart-felt inner research is an increase in sensitivity for mind, body and spirit. As a result, the way you create and think about the value of what you make changes, too. Certain well-worn ways of self-expression may feel stale, while stepping into a new creative voice can feel scary, even if it reflects the "real" you. This transitional time offers an opportunity to build a new practice of self-love to support, coax out and ground the creative confidence emerging within in new ways.

For example, after a short grounding meditation on Monday mornings, I choose an oracle card. This serves as a focus, touchstone and energetic guideline for my experiences and mindset for the week. Other foundational self-love practices include walks in nature, snuggles with a pet, and regular journaling. Add extra support through talks with a trusted friend who really listens, or try some essential oils.

The trick behind any self-love practice is consistency; regularly honoring self-care when your creative sense of self feels strong, adding in extra love when it's challenged. Riding the waves of creative confidence is all part of growing and expanding in a mindful way.

The power of your creative gifts is their ability to infinitely expand through every action, as you listen to what you need and honor it. Trust you have ideas, talents and gifts worth sharing throughout any personal transitions, and focus on building an inner support system that illuminates your path while honoring your highest creative value. You show up as your best creative self when grounded in truth at every stage, so shape a personal practice that flows and grows to weather any creative confidence rollercoaster.

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My unique support services help clients heal creative blocks, create deep personal clarity, and build confidence in self-expression. I offer creativity and writing coaching, content consulting, intuitive guidance sessions and classes.

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