

QUARTER TWO
APRIL 2024

REAWAKEN

QUARTERLY EDITORIAL

THE MAGIC OF CREATION ISSUE

Creating vs. Consuming

HOW WE CREATE WITHIN A
CONSUMER-BASED SOCIETY

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HEY, GORGEOUS YOU

In the whirlwind of our modern existence, the theme of consumption pervades every aspect of our lives. It's a phenomenon that even those of us in creative fields find difficult to ignore, despite our own participation in it. As I reflect on this, I realise the need to address it, not only as an observer but also as a participant.



From the latest fashion trends to cutting-edge gadgets, our desires seem insatiable. And while there's nothing inherently wrong with indulging in these luxuries, our consumption extends far beyond material possessions. We're voracious consumers of media, constantly scrolling through social feeds, binge-watching shows, participating in online gaming, and devouring news articles and online content - often without pause or consideration. I realise the irony of you sitting here consuming this magazine, but my hope is that it supports you to create from what you learn.

Within this endless consumption, it's easy to lose sight of the value of our most precious asset: time. Each moment spent immersed in media is a moment lost to meaningful experiences, genuine connections, and personal growth. We use media as a shield, hiding behind it to avoid confronting our thoughts and emotions, neglecting the opportunity for introspection and self-discovery.

Our reliance on instant gratification and constant stimulation robs our brains of the exercise they need to thrive. Instead of grappling with problems and engaging in creative pursuits, we turn to the internet for quick fixes and easy answers. But true satisfaction comes from the process of creation, from solving problems and exploring our own potential. When we create - we feel the most immense sense of pride, achievement, and confidence within ourselves.

While navigating this landscape of consumption, it's essential to recognise the need for balance. We must reclaim our roles as creators, actively shaping our experiences when we engage with the world around us. In this edition, I aim to explore this idea of balance, offering insights and inspiration to help you find harmony between consuming and creating.

May this issue serve as a catalyst for reflection and action, guiding you towards a more fulfilling and purposeful creative existence. Let us embark on this journey together, embracing the power of creation and rediscovering the joy of genuine engagement.

Warmest regards,

Kate Parker
Editor-in-Chief

THE MAGIC OF THE IKEA EFFECT:

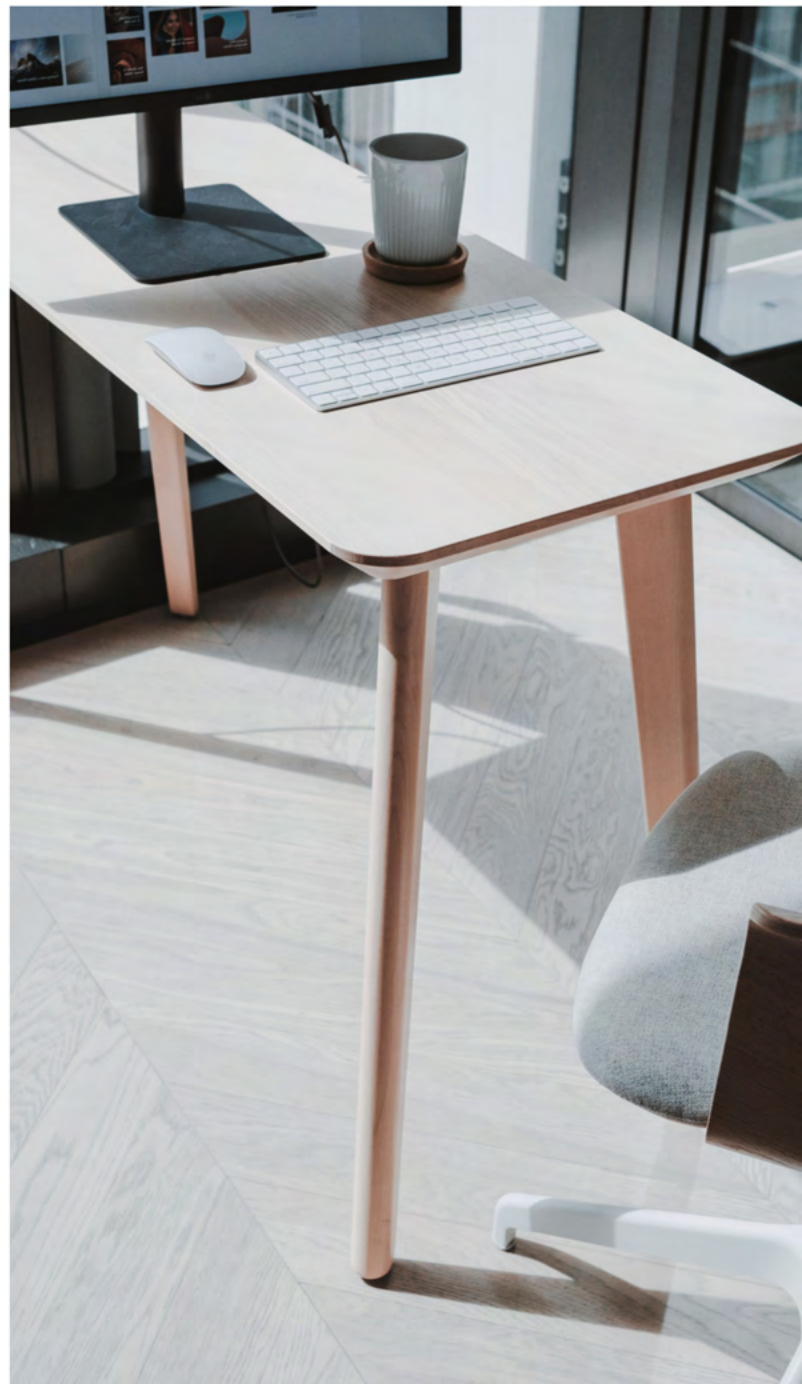
HOW CREATIVITY SHAPES OUR PERCEPTION

I recently heard about a fascinating phenomenon known as the Ikea Effect. It's not merely about assembling furniture; it's about the intrinsic value we attach to something we've put effort into creating, regardless of its simplicity or complexity. This concept extends far beyond the realm of furniture assembly and delves into the very essence of human creativity and satisfaction.

Consider the act of cooking a meal from a pre-packaged mix. By adding a few ingredients and following the instructions, we transform basic components into a dish that we find more satisfying and flavourful. Our brains perceive this added effort as a marker of value, enhancing our enjoyment of the final product.

Ikea, among other corporations, has capitalised on this psychological quirk, offering affordable, build-it-yourself furniture that customers assemble at home. The result? We not only save money but also feel a sense of accomplishment and ownership over the finished product. It's a testament to the power of creativity in our lives, proving that even those who claim they lack artistic talent benefit from engaging in creative endeavours.

Creativity isn't confined to traditional forms of artistry; it permeates every aspect of our existence. Whether it's assembling furniture, cooking a meal, or engaging in DIY projects, we experience a rush of satisfaction and pride when we create something with our own hands. This innate desire to create stems from our brain's craving for novelty and stimulation, leading to a surge of dopamine—the "feel-good" neurotransmitter—when we engage in creative activities.





As someone who appreciates art, I've discovered first-hand the profound impact of creating something from scratch. While I admire artwork adorning my walls, nothing compares to the sense of pride and fulfilment I experience when I create my own pieces. Whether it's a painting born from raw emotion or a DIY project meticulously crafted, each creation holds a special place in my heart, surpassing the value of store-bought art.

The allure of paint-by-numbers kits and adult colouring books lies in their ability to provide a sense of accomplishment without the intimidation of starting from scratch. However, true fulfilment comes from embracing the creative process in its entirety, from the initial spark of inspiration to the final brushstroke.

In essence, the Ikea Effect highlights the intimate connection between effort and value. When we invest ourselves in the creative process, we undergo a rollercoaster of emotions—from excitement and determination to frustration and ultimately, satisfaction. It's a journey that transcends the physical act of creation, leaving us enriched and fulfilled.

So, the next time you embark on a DIY project or cook a meal from scratch, remember the magic of the Ikea Effect. Embrace the process, savour the journey, and revel in the sense of accomplishment that comes from creating something uniquely yours. After all, it's not just about the end result—it's about the joy of creation itself... even if it's from a box.



Ideas for creativity:

- Upcycling furniture
- Paint-by-numbers
- Cook other peoples favourite recipes
- Adult colouring in books
- Create videos or mix music
- Paint a picture by following along on YouTube
- Gardening
- Create a vision board
- Use journal prompts
- Write yourself a short fairy-tale story



EDITING YOUR MEDIA ENVIRONMENT

A JOURNEY TO MINDFUL CONSUMPTION

Reflecting on the tumultuous times of the recent past, it's undeniable that the media landscape has played a significant role in shaping our experiences. From the relentless news cycle to the curated content of social media feeds, we are bombarded with information and imagery, often to the detriment of our mental well-being. But amidst the chaos, there lies an opportunity for introspection and transformation—a chance to cultivate a mindful approach to what we consume and allow into our lives.

Like many, I found myself engulfed in the whirlwind of news updates and social media scrolling during the early days of the pandemic. Each headline, each post seemed to exacerbate my stress and anxiety, dimming the light within me. It was a wake-up call—an invitation to reassess my media habits and reclaim control over my mental environment.

The first step was acknowledging what I truly wanted. It wasn't the constant barrage of negative news or the comparison trap of social media. It was peace, positivity, and inspiration. With this clarity, I embarked on a journey of intentional consumption, starting with a media detox.

I made the conscious decision to disconnect from the news cycle, unsubscribing from news sites and unfollowing news feeds on social media. The immediate relief I felt was palpable—like shedding a heavy burden that I didn't realise I was carrying. But I didn't stop there. I scrutinised every aspect of my media diet, eliminating anything that didn't contribute to my well-being or align with my values.

Gone were the pages and groups that perpetuated feelings of inadequacy—dieting tips, decluttering gurus, idealistic parenting groups, and unrealistic standards of perfection.

Instead, I curated my online environment to reflect my passions and aspirations. Coaching, friendship, creativity, the arts, and travel became the focal points of my digital world, filling it with beauty and inspiration.

This process wasn't just about purging negativity; it was about intentionally crafting a media experience that nourished my soul. It required diligence and commitment, but the rewards were immeasurable. With each swipe and click, I was greeted with content that uplifted me, sparked my curiosity, and fuelled my creativity.

For those hesitant to embark on a media cleanse, I offer a simple suggestion: start small. Pick one app or platform at a time and begin decluttering. You'll be amazed at how quickly the momentum builds and how much lighter you feel with each digital detox.

Ultimately, this journey is about more than just minimising screen time or decluttering your social feeds. It's about reclaiming your power as a consumer of media—choosing content that empowers, educates, and inspires you. By cultivating mindfulness in what we consume and allow into our lives, we not only enhance our mental well-being but also contribute to a more positive and uplifting online community.

So, I invite you to join me in this journey towards mindful consumption. Let's take control of our media diets, one click at a time, and create a digital landscape that nourishes our souls and enriches our lives. After all, we deserve nothing less than media that lights up our world and inspires us to be the best versions of ourselves.



BREAKING FREE FROM UNCONSCIOUS DOOM- SCROLLING AND BINGING



UNDERSTANDING THE PSYCHOLOGY

The attempt to escape from pain, is what creates more pain.

- Gabor Maté

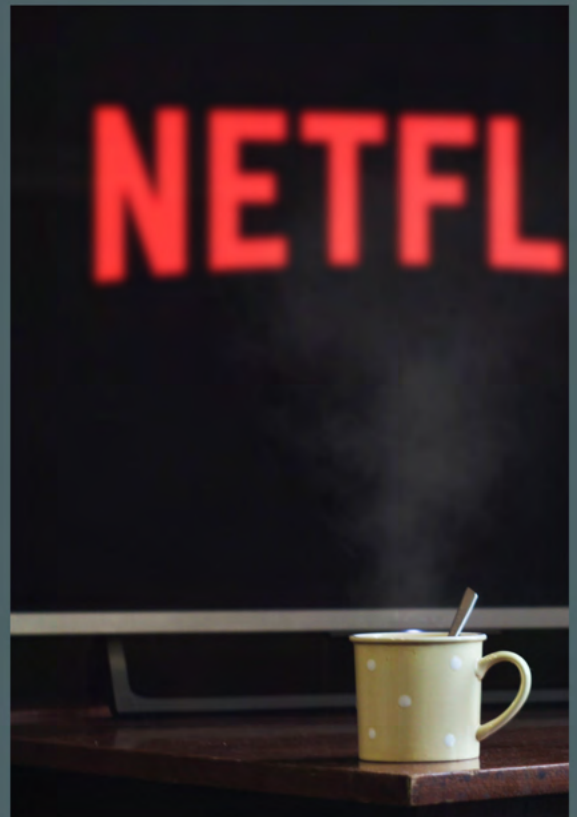
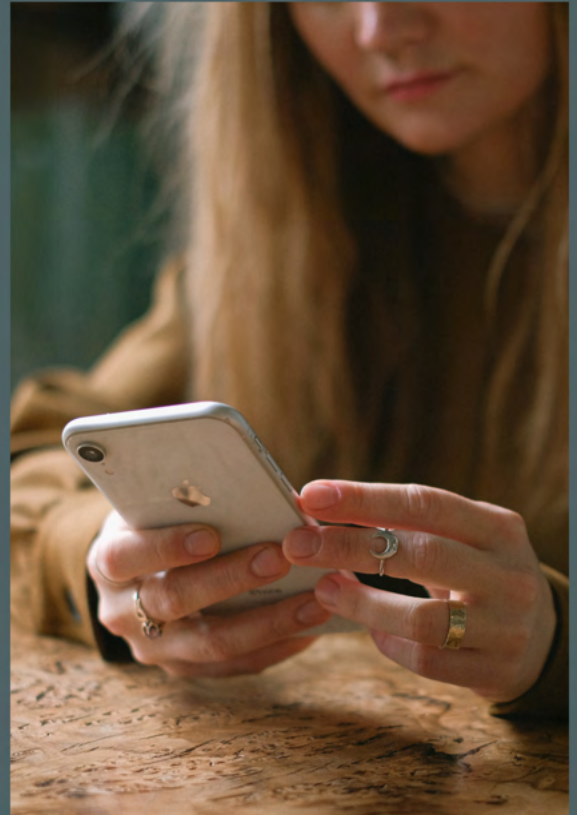
In today's digital age, it's all too easy to fall into the trap of unconscious doom-scrolling on social media and binge-watching TV shows. Despite knowing that these behaviours are detrimental to our well-being, many of us find ourselves unable to break free from their grasp. But why do we engage in these habits, and how can we reclaim control over our lives?

The Psychology Behind Doom-Scrolling and Binging

Doom-scrolling and binge-watching often serve as coping mechanisms for underlying emotional issues such as stress, anxiety, or even boredom. When we find ourselves mindlessly scrolling through endless feeds of negative news or immersing ourselves in hours of TV shows, it's often a sign that we're avoiding something deeper.

Psychologically, these behaviours can be attributed to a phenomenon known as disassociation—a defence mechanism that allows us to detach from reality and escape unpleasant thoughts or emotions. By immersing ourselves in the digital world, we temporarily alleviate our discomfort and distract ourselves from confronting our inner turmoil.

However, this temporary relief comes at a cost. Doom-scrolling and binge-watching can perpetuate a cycle of negative emotions, further exacerbating our stress and anxiety. Moreover, excessive screen time can disrupt sleep patterns, impair cognitive function, and contribute to feelings of isolation and disconnection from the real world.





Breaking the Cycle: Practical Steps for Positive Change

Recognising the detrimental impact of doom-scrolling and binge-watching is the first step towards positive change. Once we acknowledge the underlying reasons behind these habits, we can begin to take proactive steps to regain control over our lives. Practical approaches to help you break free from unconscious scrolling and bingeing could be:

1. Self-Reflection: Take a moment to reflect on your motivations for engaging in these behaviours. Ask yourself what you're trying to avoid or escape from and identify any underlying emotional triggers.

2. Set Boundaries: Establish clear boundaries around your screen time and set limits on how much time you spend on social media or watching TV. Use features such as screen time trackers or app limits to help you stay accountable.

3. Engage Mindfully: Practice mindfulness when using digital devices by staying present and attentive to your thoughts and emotions. Notice any urges to doom-scroll or binge-watch and choose to redirect your attention to more productive activities.

4. Find Alternative Coping Strategies: Explore healthier ways to cope with stress and anxiety, such as exercise, meditation, creative hobbies, journaling, or spending time in nature. Find activities that bring you joy and fulfilment without relying on digital distractions.

5. Cultivate Connection: Prioritise real-life connections with friends and family members, both online and offline. Engage in meaningful conversations, participate in group activities, and seek support from loved ones when needed.

6. Practice Self-Compassion: Be gentle with yourself as you navigate this journey of self-discovery and growth. Recognise that breaking free from unhealthy habits takes time and effort, and don't forget to celebrate your progress along the way.

And yes - you should absolutely watch your favourite TV shows. Just make it a conscious decision about when you're going to watch them and for how long.

Understanding the psychology behind doom-scrolling and binge-watching allows you to take proactive steps to address underlying issues. It gives you your power back to reclaim control over your digital habits and live a more balanced and fulfilling life. You have the power to choose how you engage with technology and that small changes can lead to significant improvements in your overall well-being.



FROM CONSUMPTION TO ACTION

*When we apply what we learn
to our daily experiences, we
transition from simply
possessing knowledge to
embodying wisdom.*

We live in an information-rich world, where many of us find solace and satisfaction in the pursuit of knowledge. Whether through books, podcasts, or documentaries, we immerse ourselves in a wealth of content, eager to learn, grow, and explore the wonders of the world. But amidst this sea of information, it's essential to ask ourselves a crucial question: What are we doing with all that we consume?

For avid learners like myself, the allure of reading numerous books a year, subscribing to inspiring podcasts, and indulging in thought-provoking documentaries is irresistible. We revel in the opportunity to expand our minds, challenge our perspectives, and engage in meaningful conversations with fellow enthusiasts. Yet, amidst the excitement of discovery, there lies a critical distinction between mere consumption and meaningful action.

Living in the question, as philosopher Rainer Maria Rilke once said, is indeed an excellent way to be. Embracing curiosity opens the door to exploration, allowing us to delve deeper into subjects that ignite our passions and inspire our pursuits. However, true understanding and growth emerge not solely from consuming information but from actively applying it in our lives.

What this looks like in practice

Take, for example, my friend who is deeply passionate about health and wellness. Armed with a wealth of knowledge, she doesn't stop at mere consumption—she takes deliberate action to implement what she learns. Whether experimenting with new dietary habits, exploring holistic wellness practices, or delving into the principles of Chinese medicine, she approaches each endeavour as an opportunity for experiential learning.





By incorporating these practices into her daily life, she gains firsthand insights into their efficacy, observing how her body and mind respond to different stimuli. Through this process of trial and observation, she uncovers valuable insights, refines her understanding, and shares her findings with others, sparking meaningful conversations and collaborations.

Indeed, my friend's approach exemplifies the essence of true wisdom: the integration of knowledge and experience. Rather than passively absorbing information, she actively engages with it, allowing it to shape her actions, decisions, and ultimately, her life.

By integrating the knowledge we acquire into our daily lives, we transcend mere understanding and evolve into beings of wisdom. So, what are some practical steps you can take to implement what you learn from reading, listening to podcasts, and watching documentaries?

1

Set Intentions:

The first thing you should ask is 'What do I want to gain from this?' When diving into a new book, podcast, or documentary, set clear intentions for what you hope to learn or achieve. Identify actionable insights or ideas that resonate with you and commit to applying them in your life.

Part of how I apply learning in my life is to write notes to reflect on, so that I can work out what is useful to me, and what isn't.

2

Experiment and Explore:

Treat each piece of information as an invitation to experiment and explore. Whether it's trying out a new productivity technique, adopting a healthier lifestyle habit, exploring a new hobby, or working on your own mindset - embrace the opportunity for hands-on learning.

This is where the rubber hits the road on our knowledge building! And it's so exciting.

3

Reflect and Evaluate:

Regularly reflect on your experiences and evaluate the impact of your actions. What worked well? What didn't? Use this feedback to refine your approach and make informed decisions moving forward. Don't be scared of making mistakes, as this is a core function in how we learn and grow.



4

Share and Collaborate:

Don't keep your insights to yourself—share them with others and engage in collaborative discussions. By exchanging ideas, experiences, and perspectives, you not only deepen your understanding but also contribute to the collective growth and learning of your community.

5

Embrace Lifelong Learning:

Finally, remember that learning is a lifelong journey (it's not just something we did at school or university.) Learning to support your curiosity or passions is the best kind of learning there is. Stay curious, remain open to new ideas, and never stop seeking opportunities for growth and exploration.



When we adopt a proactive approach to learning—one that emphasises action, reflection, and collaboration—we can harness the full potential of this incredible information available to us to enrich our lives and inspire positive change.

So, let's not merely consume knowledge but actively engage with it, turning insights into actions and transforming learning into meaningful, transformative experiences.



BEYOND TRENDS

DITCHING FAST DESIGN FOR AN AUTHENTIC LIVING SPACE



"WE COLLECT WHAT *resonates* WITH US WITHOUT ALWAYS KNOWING WHERE IT MAY *eventually* LAND, BUT EACH OBJECT HOLDS SUCH POWER IN THE GREATER UNIVERSE OF OUR *inimitable* HOME."

— ATHENA CALDERONE
INTERIOR DESIGNER AND AUTHOR





In the age of Fast Fashion, where clothing trends come and go at breakneck speed, a similar phenomenon has quietly infiltrated our homes – Fast Furniture. From the shelves of Kmart and The Warehouse in New Zealand to global giants like Ikea and Wayfair, this mass-produced, affordable furniture floods our social media feeds and fills our living spaces. Yet, beneath its veneer of modernity lies a stark truth: fast furniture lacks soul.

Picture-perfect homes furnished with these budget-friendly pieces may seem appealing at first glance, but the illusion quickly fades when the inevitable wear and tear set in. As someone who learned this lesson first-hand, I can attest to the fleeting allure and ultimate disappointment of fast furniture.

When circumstances forced me to furnish my new home on a tight budget, I succumbed to the temptation of cheap sofas, side tables, and bed frames. Within three years, these hastily purchased items had crumbled into obscurity, leaving me disillusioned and regretful. It was a stark reminder of the old adage: buy cheap, buy twice.

Determined to break free from the cycle of fast consumption, I embarked on a journey to curate a home environment that truly reflected my personality and values. No longer content with mass-produced mediocrity, I sought out quality pieces with character and longevity.

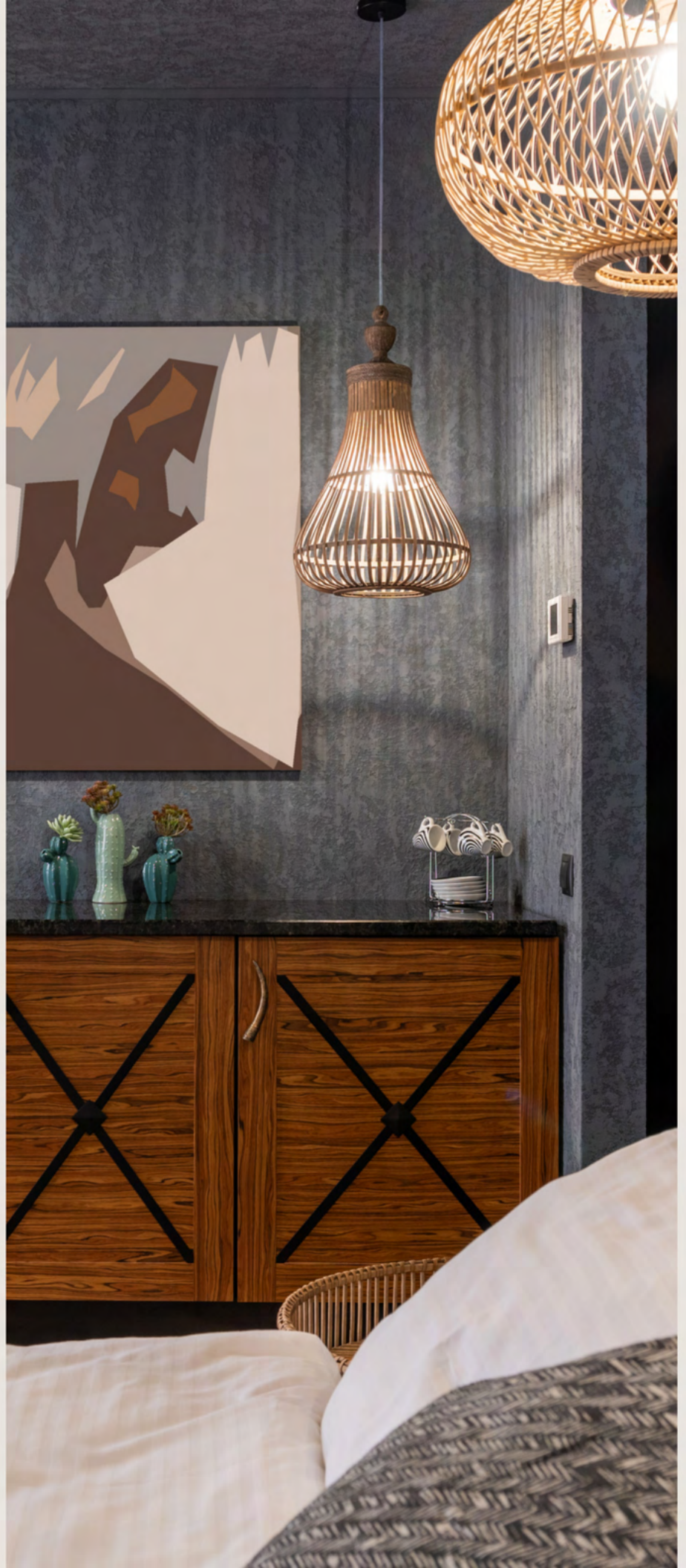
From scouring Facebook Marketplace for hidden treasures to engaging in furniture swaps with friends, I pieced together a collection that defied trends and spoke to my soul. Antique heirlooms from my family, handcrafted tables from my father, and upcycled finds coexist harmoniously, creating a space that feels uniquely mine.

In place of cookie-cutter décor, my home is adorned with artwork that tells a story – abstracts, steampunk pieces, classic portraits, and everything in between. Each piece was chosen deliberately, hung with care, and imbued with meaning, transforming my walls into a gallery of self-expression.

The transformation was not merely aesthetic; it was a profound shift in mindset. Instead of passively consuming trends, I became an active creator of my environment, infusing every corner with authenticity and intention. No longer bound by the dictates of fast design, I embraced the freedom to explore, experiment, and evolve.

So, if you find yourself tempted by the allure of fast furniture and design trends, pause for a moment. Look beyond the glossy façade and consider what truly brings you joy and fulfilment. Seek out pieces that resonate with your soul, whether they're hidden gems waiting to be discovered or cherished heirlooms passed down through generations.

In the end, your home should be more than just a showroom – it should be a purposefully created sanctuary, a reflection of who you are and what you value. So, dare to defy the trends, embrace the eclectic, and craft a space that speaks to the essence of you. After all, there's no greater luxury than feeling truly at home in your own surroundings.



1

START SLOWLY AND INTENTIONALLY:

Begin by purchasing items that genuinely resonate with you, rather than succumbing to fleeting trends. Whether it's a single chair, a lamp, or a small decorative piece, opt for antiques or vintage finds that inject personality and character into your space.



2

TRUST YOUR INSTINCTS:

When sourcing vintage pieces, let your intuition guide you. Focus on the feeling a piece evokes rather than getting caught up in its history or provenance. If a particular item sparks joy and speaks to you, trust that it will add value to your home, regardless of its background.



3

MIX AND MATCH THOUGHTFULLY:

Embrace the art of juxtaposition by combining different eras and styles in your decor. Look for common threads that tie disparate pieces together, whether it's through color, pattern, or theme. Experiment with proportions and scale to create visual interest and balance in your space.



4

PRACTICE NON-ATTACHMENT AND EDIT RUTHLESSLY:

Avoid clutter and maintain visual balance by curating your collection thoughtfully. If a piece no longer fits or resonates with your aesthetic, don't hesitate to let it go. Embrace the idea of non-attachment and allow each item its moment to shine in your home.



Authentic home design serves as a reflection of our personality, values, and passions, making it a catalyst for meaningful conversations and genuine connections. By prioritising authenticity over conformity, we can create spaces that inspire, delight, and spark conversation, enriching the lives of all who enter, including our own.



CREATING YOUR FUTURE BY REFRAMING YOUR PAST



When we find ourselves navigating the corridors of our past, it's all too common to scrutinise our actions and choices with a hyper-critical lens. I'll be the first to admit that we are often our own harshest critics. The internal dialogue during darker moments can be brutal, filled with self-doubt and recriminations. If you've ever found yourself there, know that you're not alone.

When we consume our past - we spend countless hours replaying scenarios, contemplating how we could have handled things differently or regretting the people we allowed into our lives. The crucial realisation here is that these moments are now nestled in the past. Irrevocable. Immutable. What's done is done. The past represents a version of ourselves at a particular juncture, but it does not dictate who we are at this very moment.

There are so many ways we let the past continue to control us in our present and our future. It can stop us from advancing our career, putting ourselves out there, and walking through doors of opportunity.

So, the question arises: How do we harness the lessons embedded in our past experiences to carve out a more empowered and fulfilling future? How can we create our thoughts today based on the wealth of experiences we carry from yesterday?

The Power of Mindset

Coaches often emphasise the profound impact of mindset. Your thoughts, after all, serve as the architects of your emotions, and your emotions, in turn, construct the blueprint for your actions. It's a cycle that, when understood, can be redirected and reshaped.



The key message is simple yet transformative: Your thoughts are not immutable truths. You have the power to alter them at will, but like any skill, it requires practice. The outer world sits outside of your control. But you can control how you think, feel, and respond to it.

The following pages are in an editable workbook style for you to consider or use to support you to reframe the past. Here's where your journey begins:

WORKBOOK:

REFRAMING YOUR PAST, CRAFTING YOUR FUTURE



1 STEP ONE: Acknowledge and Accept Your Past

What specific past experiences or events are currently causing you the most difficulty or distress?

How have you been interpreting or internalising these past experiences up to this point?

What emotions arise when you think about accepting your past as it is, without trying to change it?

WORKBOOK:

REFRAMING YOUR PAST, CRAFTING YOUR FUTURE



2 STEP TWO: Find the Silver Linings and Lessons

What positive aspects or lessons can you identify from the challenging or painful experiences in your past?

How have these past experiences contributed to your personal growth and development?

In what ways can you shift your perspective to see the value or silver linings in past situations that may have initially seemed negative?

WORKBOOK:

REFRAMING YOUR PAST, CRAFTING YOUR FUTURE



3 STEP THREE: Create a New Narrative for Your Future

What vision do you have for your future self, considering the insights and lessons you've gained from your past experiences?

How can you integrate these lessons into your future goals and aspirations?

What steps can you take today to align your actions and behaviours with the new narrative you want to create for your future?



The Transformative Power of "The Artist's Way"

As I sit here and I talk about creativity, and it would be remiss of me not to mention the book that celebrates and embraces creativity as a lifestyle and way of being.

In our world with its constant distractions and demands, it's easy to lose touch with our inner artist. Yet, amidst the chaos of modern life, there exists a beacon of hope – Julia Cameron's ground-breaking book, 'The Artist's Way.' More than just a guidebook, 'The Artist's Way' is a transformative journey that can profoundly impact your life, unlocking hidden creativity and guiding you towards a more fulfilling existence.

At its core, 'The Artist's Way' is a twelve-week programme designed to reignite the spark of creativity within each of us. Drawing from her own experiences as a writer and artist, Julia Cameron provides readers with practical tools and exercises aimed at dismantling the barriers that block our creative flow. Through a combination of daily writing exercises, weekly tasks, and introspective reflections, the book encourages readers to confront their fears, self-doubt, and limiting beliefs head-on.

Embracing Creativity in Everyday Life

'The Artist's Way' is not just about unlocking artistic talent; it's about embracing creativity in all aspects of life. By incorporating the teachings of the book into your daily routine, you'll find yourself approaching challenges with a newfound sense of curiosity and innovation. Whether you're an aspiring painter, a corporate executive, or a stay-at-home parent, the programme offers invaluable insights into the creative process and empowers individuals to live more authentically and passionately.

Real-Life Success Stories

Countless individuals from all walks of life have experienced the transformative power of 'The Artist's Way.' From budding writers who finally penned that novel they've been dreaming of to professionals who discovered a newfound sense of purpose in their careers, the impact of the book is undeniable. By breaking free from creative blocks, overcoming self-doubt, and embracing their unique artistic voice, readers have unlocked a world of possibilities they never thought possible.

The Three Pillars of 'The Artist's Way'

Central to Cameron's philosophy are three key principles:

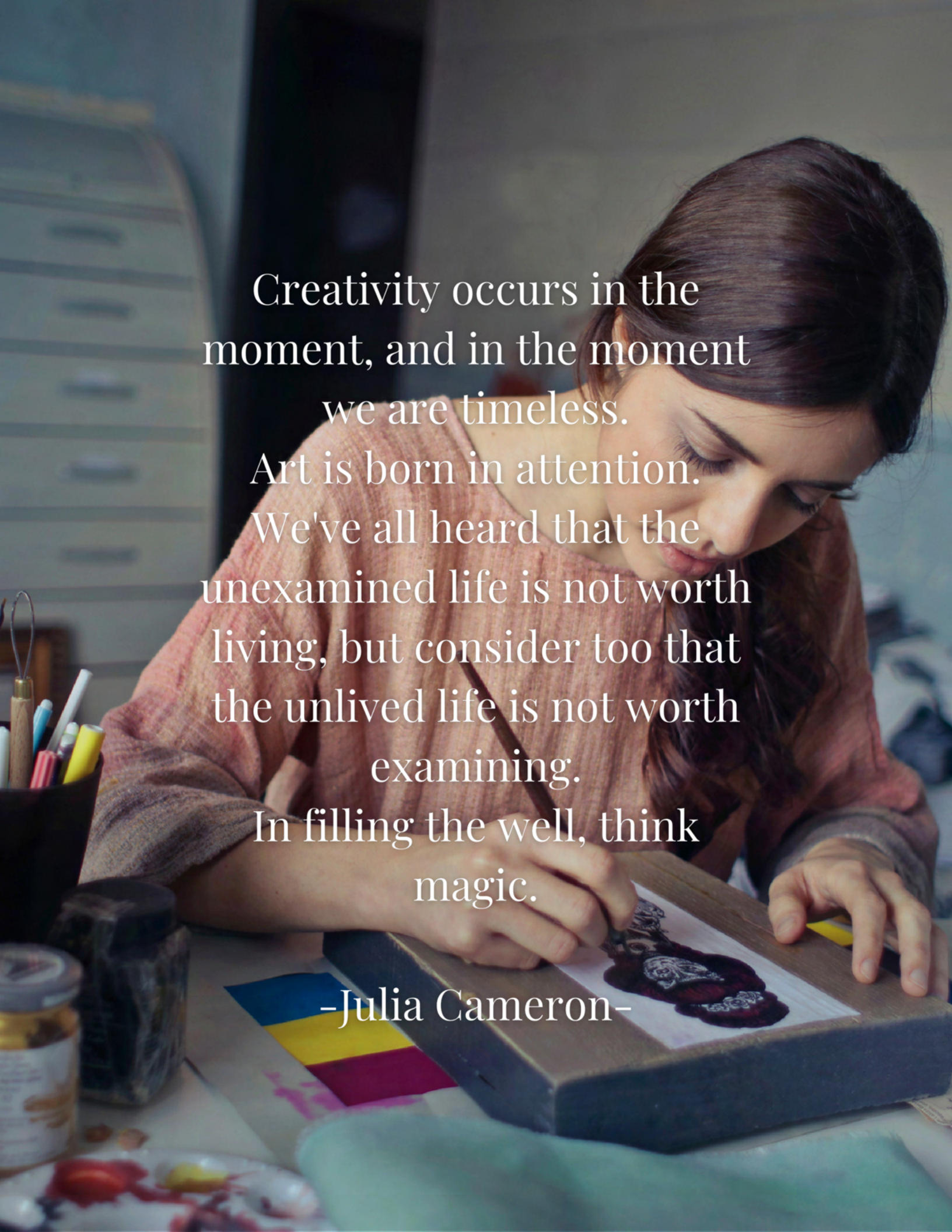
- **Morning Pages:** One of the cornerstone practices of 'The Artist's Way' is the concept of Morning Pages – three pages of longhand, stream-of-consciousness writing done first thing in the morning. This daily ritual serves as a form of mental decluttering, allowing artists to bypass their inner critic and access their subconscious thoughts and ideas.
- **Artist Dates:** Another essential component of the programme is the notion of Artist Dates – weekly solo excursions designed to nurture your creative spirit. Whether it's visiting a museum, taking a long walk in nature, or experimenting with a new art form, Artist Dates provide the necessary space and inspiration for artistic exploration.
- **Recovering a Sense of Possibility:** Throughout the twelve-week journey, Cameron guides readers through a series of exercises aimed at recovering a sense of possibility. By challenging negative self-talk, embracing synchronicity, and cultivating a sense of gratitude, participants learn to trust in their innate creativity and believe in the endless possibilities that lie ahead.

A Journey Towards Self-Discovery

In a society that often prioritises productivity over creativity, 'The Artist's Way' serves as a gentle reminder that true fulfilment lies in the pursuit of artistic expression. Whether you're seeking to reignite a long-lost passion or simply yearning for a more meaningful existence, Julia Cameron's timeless wisdom offers a path towards self-discovery and creative liberation. So, dust off your paintbrushes, pick up your pen, and embark on a journey towards a life filled with creativity, inspiration, and boundless possibility.

You can find the book [HERE](#) on Amazon.





Creativity occurs in the
moment, and in the moment
we are timeless.

Art is born in attention.

We've all heard that the
unexamined life is not worth
living, but consider too that
the unlived life is not worth
examining.

In filling the well, think
magic.

-Julia Cameron-

INSPIRING INDIVIDUALS WHO CHAMPION CREATIVITY

Sharing the remarkable people I've come across in my self-development journey brings me immense joy, and, naturally, delving into their books enriches my understanding. Here's are some amazing people who infuse creativity into their daily existence and passionately advocate for this beautiful way of living to inspire others.



Elizabeth Gilbert:
Inspiring Creativity,
Empowering Futures

Best known for her memoir "Eat, Pray, Love," Elizabeth Gilbert has become a prominent figure in the self-development world. She encourages individuals to embrace their creativity and pursue their passions fearlessly. Through her books, talks, and online presence, Gilbert inspires people to explore their creative potential and take charge of their futures.

Book Recommendation:

- Big Magic: Creative Living Beyond Fear

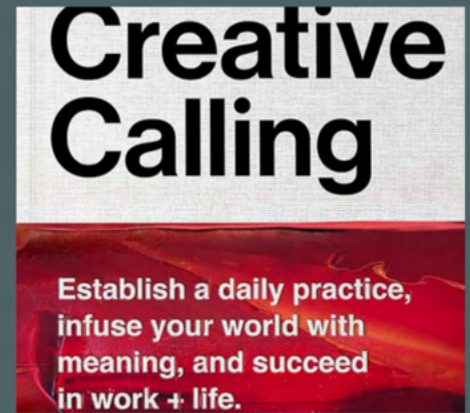


Brené Brown:
Courageously Creative
Living

Brené Brown is a research professor and bestselling author who focuses on topics such as vulnerability, courage, and resilience. She emphasizes the importance of embracing vulnerability as a pathway to creativity and personal growth. Through her books, TED talks, and workshops, Brown empowers individuals to cultivate creativity by embracing authenticity and imperfection.

Book Recommendation:

- The Gifts of Imperfection
- Daring Greatly

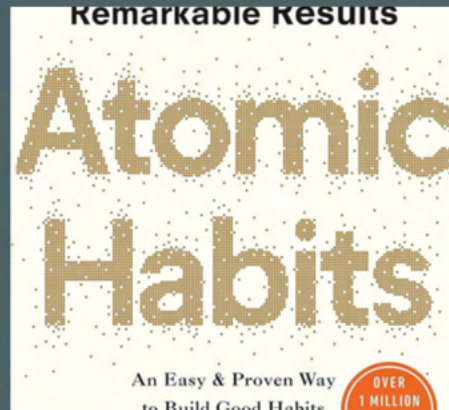


Chase Jarvis:
Capturing Creativity

As a photographer, entrepreneur, and author, Chase Jarvis is passionate about empowering individuals to unleash their creativity and build fulfilling lives and careers. He founded CreativeLive, an online platform offering classes on various creative topics, to provide accessible education and inspiration to aspiring creators worldwide. Through his work, Jarvis encourages people to pursue their creative passions and shape their own futures.

Book Recommendation:

- Creative Calling

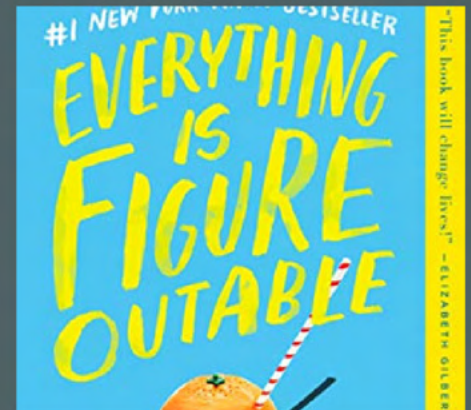


James Clear:
Building Creative Habits,
Shaping Tomorrow

James Clear is a writer and speaker known for his expertise in habit formation and personal development. In his bestselling book "Atomic Habits," Clear explores the power of small habits in creating significant changes in one's life. He encourages individuals to cultivate creativity by developing effective habits and routines that support their goals and aspirations. Through his writing and speaking engagements, Clear provides practical strategies and insights to help people harness their creativity and design the future they desire.

Book Recommendation:

- Atomic Habits



Marie Forleo:
Unleashing Creativity,
Designing Your Destiny

Marie Forleo is a life coach, author, and entrepreneur known for her work in helping people create meaningful lives and businesses. Through her online platform, MarieTV, and her bestselling book "Everything is Figureoutable," Forleo empowers individuals to tap into their creativity, overcome challenges, and design lives aligned with their aspirations. She encourages people to adopt a can-do mindset and take proactive steps toward realizing their dreams.

Book Recommendation:

- Everything is Figureoutable



MANIFESTO
OF THE

REAWAKENED WOMAN



I wrote this manifesto for my clients because I believe in the transformative power of self-discovery, empowerment, and purposeful living. Each element of this manifesto has been built on my business coaching pillars, and is crafted with the intention to guide and inspire women on their journey towards fulfilment, authenticity, and legacy.

Having a manifesto to support your dreams and aspirations is crucial for a few reasons:

- **Clarity and Focus:** A manifesto serves as a guiding light, providing clarity and direction amidst life's complexities and distractions. It helps individuals articulate their values, beliefs, and aspirations, allowing them to stay focused on what truly matters.
- **Empowerment and Motivation:** Reading and internalising a manifesto can be incredibly empowering and motivating. It reminds individuals of their inherent worth, potential, and capacity to create positive change in their lives and the world around them.
- **Accountability and Alignment:** A manifesto acts as a compass, helping individuals stay accountable to their goals, values, and vision. It serves as a reminder to align their actions with their intentions, ensuring that they live in integrity with themselves and their aspirations.

Free Copy

If you would like a copy of the Reawakened Woman Manifesto for your own records, reflections, or my personal favourite - framed on the wall - feel free to print the following page.

If you would like a different image header - I have recreated it with a number of different images, which you can find at this link [HERE](#).

So feel free to choose one
your inner you aligns with.

If you do print and frame it - send me a photo!
I would love to see it.

In essence, a manifesto is more than just words on paper; it's a declaration of one's truth, a roadmap for personal and collective evolution, and a catalyst for living a life of purpose, passion, and meaning.

MANIFESTO
OF THE

REAWAKENED WOMAN

A reawakened woman has:

Self-Care Sovereignty

- Prioritises her well-being by honouring her mind, body, and spirit.
- Guards her energy fiercely, knowing that saying no to what depletes her is saying yes to self-love.
- Cultivates habits that nurtures her physical health, understanding that self-care is non-negotiable.
- Dedicates time for reflection, meditation, and rest, recognising that rejuvenation is essential for growth.
- Practices kindness towards herself, understanding that imperfection is part of the human experience.

Authentic Living Principles

- Lives gorgeously unapologetic, honouring her values, passions, and dreams without seeking validation from others.
- Embodies her authentic self in every aspect of her life, knowing that her uniqueness is her greatest power.
- Embraces vulnerability as a strength, for it fosters deep connections and authentic relationships.
- Cultivates emotional intelligence, allowing herself to feel deeply while maintaining inner harmony and resilience.
- Speaks her truth fearlessly, without compromising her kindness, letting her voice resonate with clarity and purpose, for this is the cornerstone of authenticity.

Queen Energy Embodiment

- Stands tall in her worth, exuding confidence and grace in every step she takes.
- Adorns herself with love and appreciation, recognising her inherent beauty and brilliance.
- Face challenges with dignity and strength, knowing that adversity is an opportunity for growth and refinement.
- Leads with compassion and integrity, empowering others while maintaining firm boundaries.
- Harnesses her inner power and wields it with wisdom and benevolence, for she is the sovereign of her own destiny.

A Legacy Creation Blueprint

- Clarifies her vision and mission, aligning her actions with the legacy she wishes to leave behind.
- Creates with passion and purpose, leaving a positive imprint on the world through her actions.
- Leads by example, inspiring others to embrace their greatness and contribute to the collective upliftment.
- Honours the past, cherishes the present, and sows seeds for the future, knowing that her legacy will transcend time.

**REAWAKENED WOMAN, RISE AND REIGN.
YOUR TIME IS NOW.**



WHAT'S HAPPENING NEXT?

In addition to this Quarterly Editorial, exciting developments are unfolding this year within the realm of Reawaken Coaching. These initiatives have been in progress for quite a while, and now is the time to introduce them to the world.



The Reawaken You podcast is launching!

I'm excited to announce this space, where I can be right in your ear, sharing things I've learned, guiding you to reawaken your authentic self, unleash your queen energy, and craft a legacy that resonates within your life.

Stay tuned as I aim to make this podcast accessible across all platforms, so you can elevate your mindset and ignite your potential wherever you are.



The Perfectly Imperfect Masterclass

This upcoming FREE online Masterclass will soon be available.

Do you often find yourself striving for an unattainable level of perfection? Does the fear of falling short prevent you from fully enjoying life? It's time to liberate yourself from the constraints of perfectionism and embrace your unique imperfections.

The Perfectly Imperfect Masterclass is designed to encourage you to break free from societal standards and expectations. Your life is your canvas, and you hold the brush to paint it with the vibrant colours of your true self.

Click [HERE](#) to stay updated on the launch date.

Connect with me on:



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REAWAKEN COACHING

www.reawaken-coaching.com

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