



CREATIVE COMPLETION *playbook*



Hello!

We're thrilled you're holding THIS powerful little playbook. (Though it's more like a living, breathing organism that continues to evolve as more Creatives join together.) We hope you enjoy using it as much as we enjoy making it for you.

Speaking of joy, grab your goals and a cup of something delicious and we'll see you in The Creative Completion CLUB!

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CREATIVE COMPLETION

Pre-Game



The Past Is A Portal

LOVE LETTER #1:

DEAR _____,

I'm angry because...

I'm sad because...

I wish...

I'm sorry that...

I love you because...



“Don’t ask yourself what the world needs.
Ask yourself what makes you come alive.”
—Howard Thurman



“Nothing can dim the light which shines from within.”
—Maya Angelou



What You Appreciate, Appreciates

Make a list of all the things you like & appreciate about yourself. (Please list at least 12 things.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.



“If I waited for perfection, I would never write a word.”
—Margaret Atwood



What You Want, Wants You Back

List 25 Things You Want:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

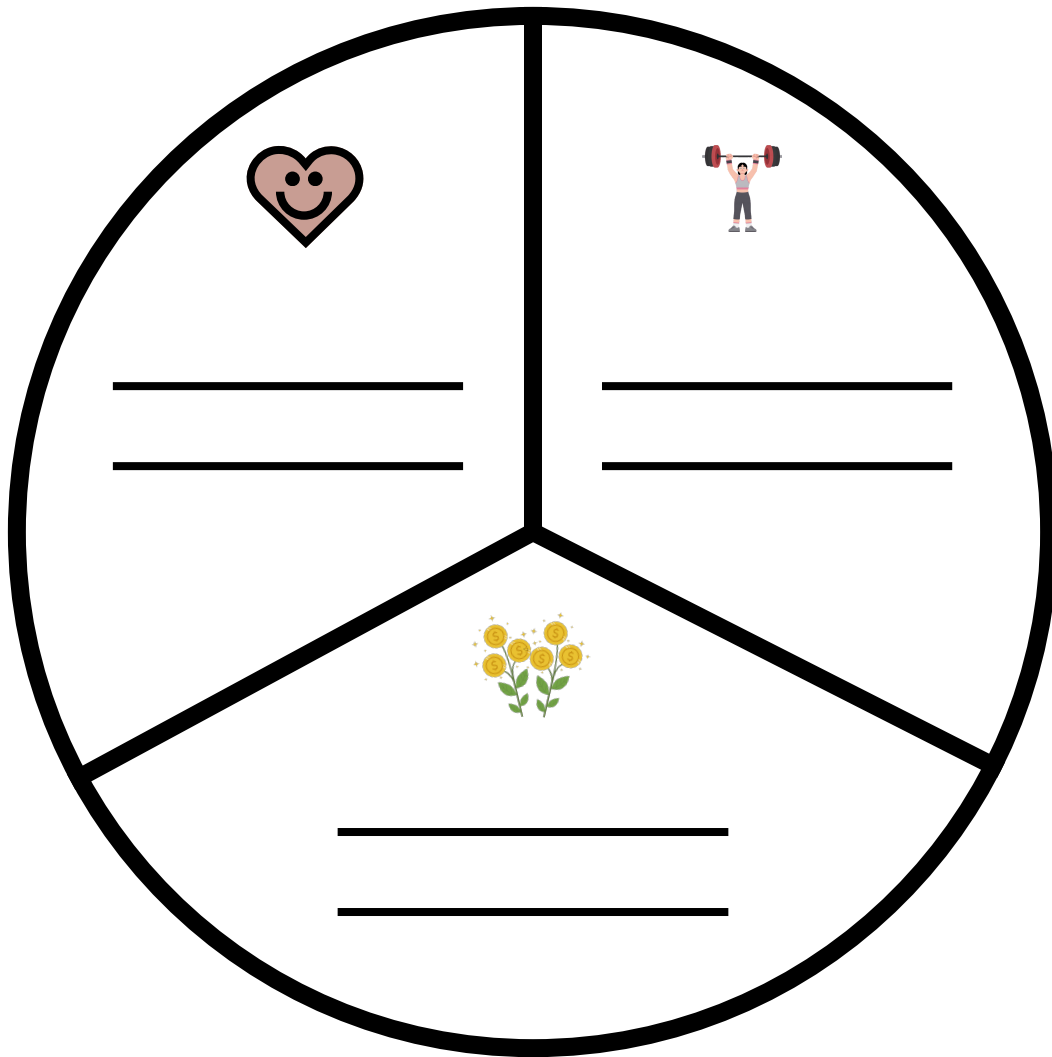
25. _____



“And the day came when the risk to remain tight in a
bud was more painful than the risk it took to blossom..”
—Anaïs Nin



Constraint Builds Creativity



NOTES:



“The desire to create is one of the deepest
yearnings of the human soul..”

—Dieter F. Uchtdorf



Clarity is an Act of Kindness

TOP 5 PRIORITIES:

TIME AUDIT:

6AM
7AM
8AM
9AM
10AM
11AM
12PM

1PM
2PM
3PM
4PM
5PM
6PM
7PM

DREAM SANDWICHES:

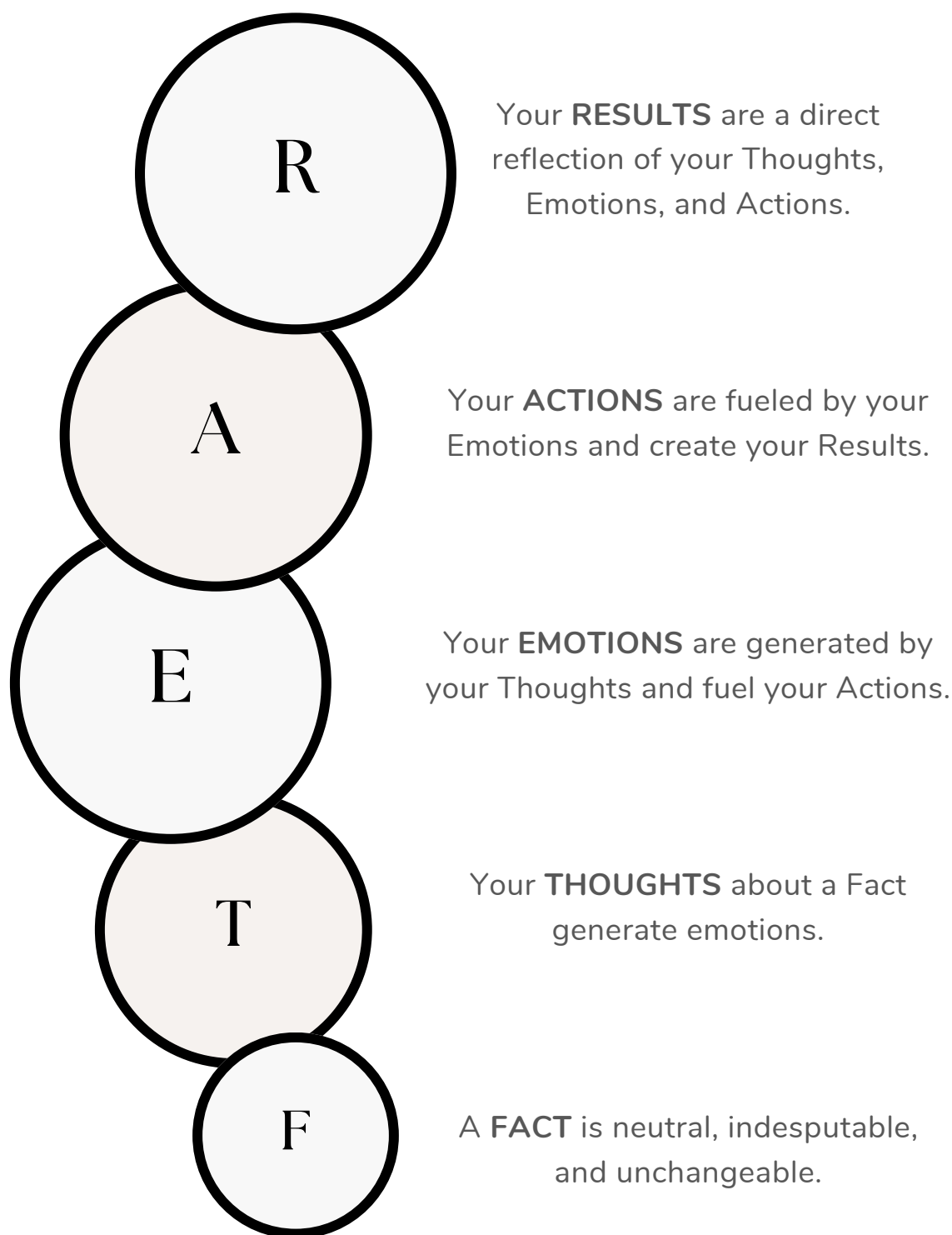


“As we let our own light shine, we unconsciously
give other people permission to do the same.”

—Marianne Williamson

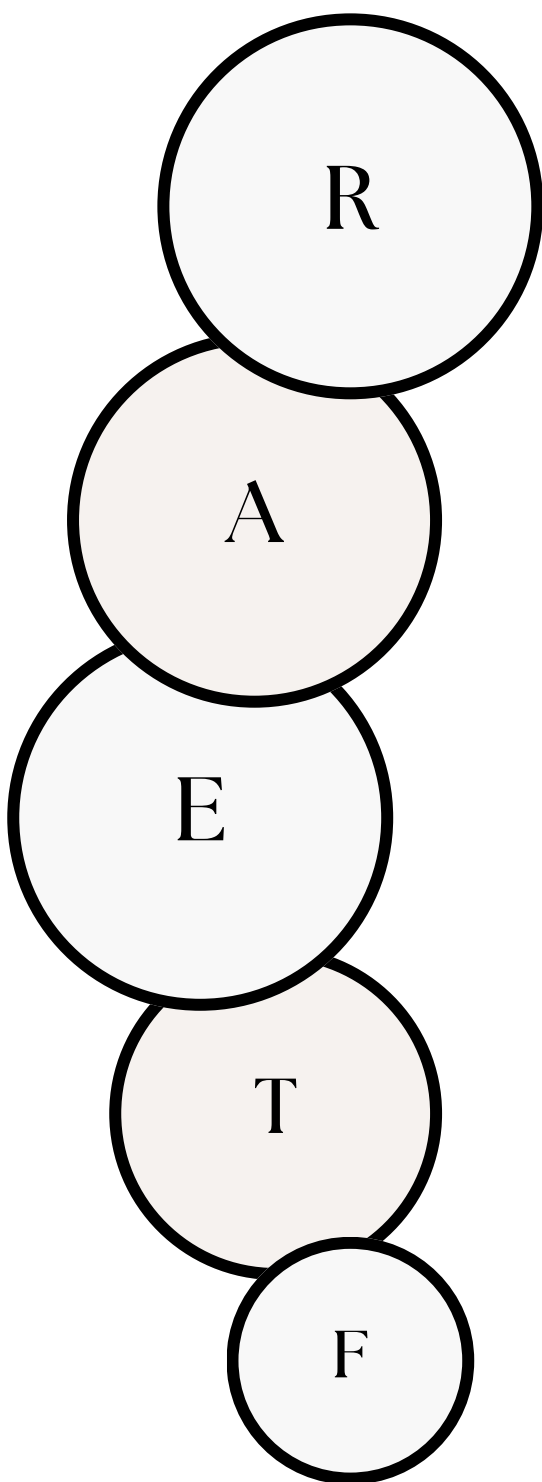


The FTEAR Flow





Your FTEAR Flow



The RESULT of this FLOW:

The ACTIONS the Emotion inspires:

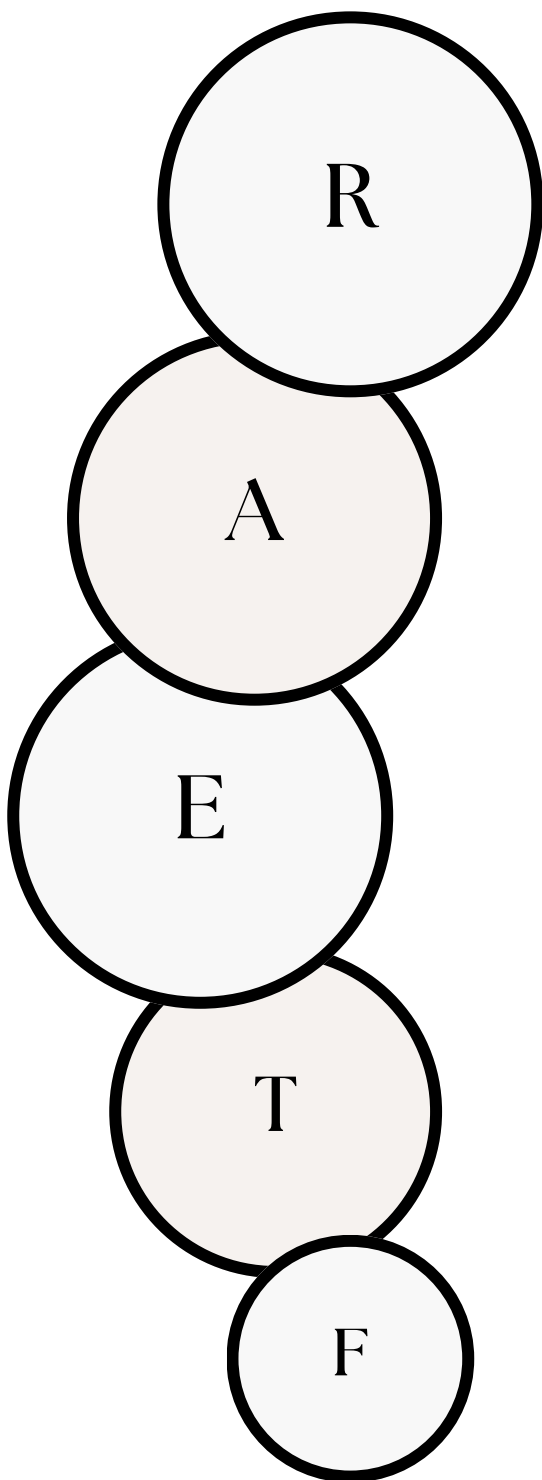
The Emotion Your Thought Causes:

Your Main Thought About The Fact:

The FACT:



Your FTEAR Flow



The RESULT of this FLOW:

The ACTIONS the Emotion inspires:

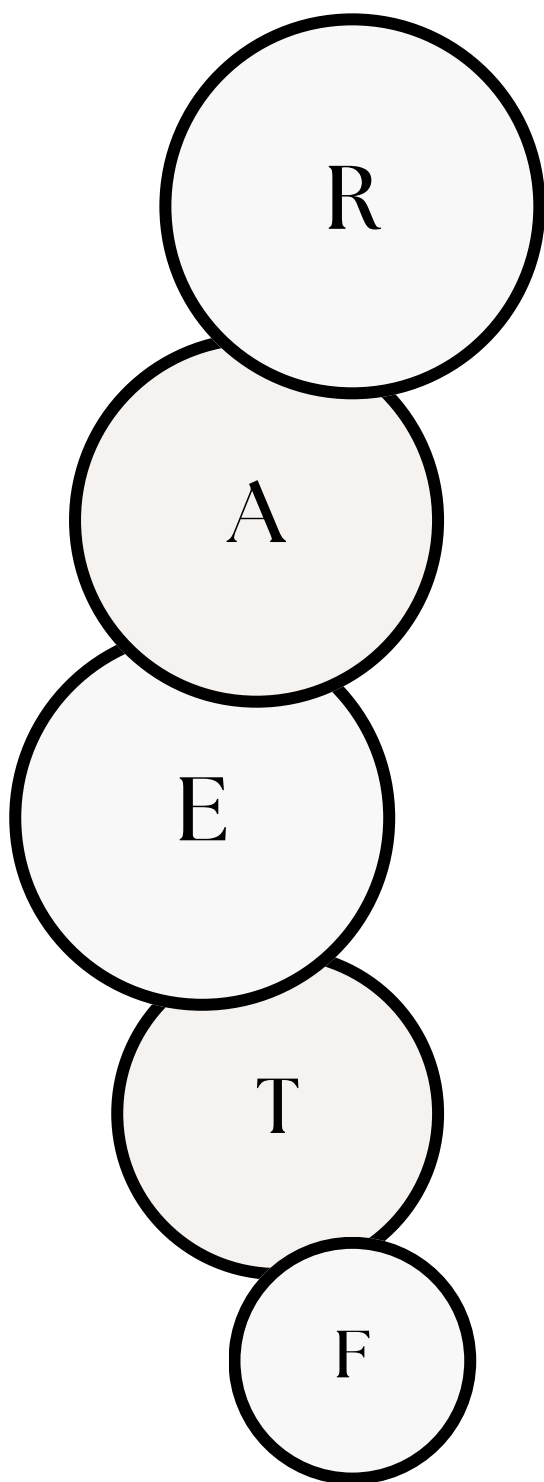
The Emotion Your Thought Causes:

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The FACT:



Your FTEAR Flow



The RESULT of this FLOW:

The ACTIONS the Emotion inspires:

The Emotion Your Thought Causes:

Your Main Thought About The Fact:

The FACT:



“Rest is not idleness..”
—John Lubbock



CREATIVE COMPLETION

The Game



Clarity is an Act of Kindness

WHAT IS YOUR GOAL?

By _____, I will have completed _____

I will know I'm complete because I'll have _____

WHY DO YOU WANT IT?

WHO WILL YOU BECOME?

(WHAT WILL YOU THINK, FEEL, AND DO DIFFERENTLY?)



“Success is liking yourself, liking what you do,
and liking how you do it.”

—Maya Angelou



The Obstacle Is The Way

ACTIONS:

OBSTACLES:

SKILL GAPS:

WORRIES:



“What you do makes a difference, and you have to
decide what kind of difference you want to make.”
—Jane Goodall



Best Way TO It Is THROUGH It

OBSTACLE		STRATEGY
	into	
	into	
	into	
	into	
	into	
	into	



“To be fully alive, fully human, and completely
awake is to be continually thrown out of the nest.”
—Pema Chödrön



Design The Plan



WEEK 10

WEEK 9

WEEK 8

WEEK 7

WEEK 6

WEEK 5

WEEK 4

WEEK 3

WEEK 2

WEEK 1



“Almost everything will work again if you unplug
it for a few minutes, including you.”

—Anne Lamott

CREATIVE COMPLETION

End-Game



Done Is Better Than Perfect

What did you accomplish yesterday?

_____	_____
_____	_____
_____	_____
_____	_____

What's on the schedule for today?

_____	_____
_____	_____
_____	_____
_____	_____

FTEAR Flow your current thought for today:

RESULT:

ACTIONS:

EMOTION:

THOUGHT:

FACT:

FTEAR Flow your DESIRED thought for today:

RESULT:

ACTIONS:

EMOTION:

THOUGHT:

FACT:



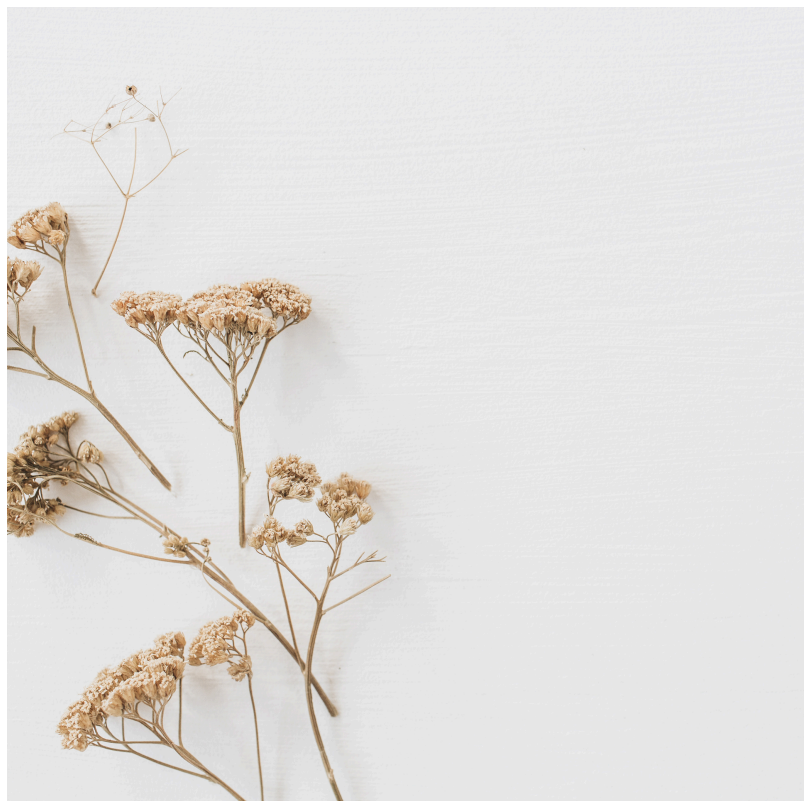
“Be messy and complicated and afraid and
show up anyway..”

—Glennon Doyle



Your List of 6

☐	_____
☐	_____
☐	_____
☐	_____
☐	_____
☐	_____



Notes:



Your List of 6

(Advanced)

RESULT

EMOTION (URGE)

☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____☐ _____

Notes:



“The truth will set you free, but first it will piss you off.”
— Gloria Steinem



Design The Day



9 A M

10 A M

11 A M

12 P M

1 P M

2 P M

3 P M

4 P M

5 P M

6 P M



“How we spend our days is, of course, how we
spend our lives.”

—Annie Dillard

Thank-you!

You did it! You completed yet another goal, dream, and vision. Now let's do it again...and again...

Join us in **The CLUB** for unlimited coaching, mentorship, & community. Join us in the **Inner Circle** for special retreats, workshops, and access to accelerated private mentorship.

Kendra & Melissa



Contact:

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BONUS



Monthly Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:



“Burnout happens when you avoid being human
for too long.”

—Michael Gungor



BONUS

Weekly Planner



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



“If your success is not on your own terms, if it looks good to the world but does not feel good in your heart, it is not success at all.”

—Anna Quindlen



BONUS



Old Thought-New Thought Guide

Sometimes you might need to “borrow” new thoughts that serve you better as you replace the loud, outdated, repetitive ones that pull you down.

(Remember, a belief is just a thought you think on repeat until it becomes a new belief.)

OLD

Mistakes are bad.

Failure is weakness.

I can't handle it if others
judge me.

I don't know how.

Fear means I'm not ready.

What will others think?

This is too hard, I'll never
get it right.

I'm not good enough.

Everyone else is already
better at this.

NEW

Mistakes are information.

Failure earns success.

I can let others be wrong
about me.

Who can help me with this?

Fear means I'm on track.

I have my own approval.

Everything gets easier with
practice.

I was MADE FOR THIS.

I don't compare myself to
others anymore.

VS



“The universe buries strange jewels deep within us all.”
—Elizabeth Gilbert



Every moment is an
opportunity to change
your perspective.

