

ANOTHER WAY



Self-Paced Creative Development Workshop

Magda Olchawska

“I’m a nurturer by nature, so looking after my creativity and creative self comes naturally to me. I just need to give her (my creativity) time and space to breathe and just to be.”

Magda Olchawska



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Disclaimer

PS. I'm made by [Made by Dyslexia](#), so expect small typos and big thinking.

✨ ANOTHER WAY PROJECT IN A NUTSHELL ✨

I believe in the **transformative power of storytelling**, its ability to heal, to shift perspectives, and to spark change. We are surrounded by stories through the media we consume, the narratives we inherit, alongside the ones we tell ourselves.

But the most powerful story we know is **our own story**. Taking ownership of that story is an act of **bravery**. The process asks for patience, time, and deep kindness toward us, our past, and the truths that may surface along the way.

Another Way idea was developed from my need to understand and reclaim my story by reconnecting with my creativity, from which I somehow got disconnected. I got tangled in pressure and unrealistic expectations, forgetting in the process who I was and who I wanted to become.

One way I pressured myself was by being in constant motion, as if I were chasing every last breath of my creativity. But creativity shouldn't be chased; instead, she (creativity) should be nurtured through as many creative and non-creative outlets as we can think of and feel comfortable doing.

At this stage of my life, I look after my creativity by slowing down and implementing a variety of creative self-care practices.

In this Another Way Self-Paced Creative Development Workshop, I'm sharing what I have discovered about my creativity, creative self, and how to have fun (re)discovering what I love doing most: creating and being in the presence of creativity.

I'm really excited about Another Way workshop and hope it inspires you to tap into your creativity and discover your creative self!

✨INTRODUCTION✨

Ever since I was a child, I've been passionate about creativity and stories as both created a safe space for me to learn, grow and develop. *(Throughout my formal education, I was a highly masking neurodiverse learner with a lot of fear and anxiety, major gaps in education and no understanding of my neurodiverse needs and traits.)*

Given that stories and creativity shaped my life, I believe in the magical powers of creative expression and stories to heal, transform and initiate change.

However, to experience the healing powers of stories and creative expression, we need to take ownership of our own stories and creativity. I believe that starting where we are is a perfect moment to take action.

The current trend of ignoring our yearnings is through passive content consumption, which serves as a perfect distraction tool. But our creativity doesn't need distraction; she needs freedom and understanding.

To help all you lovely people along the creative path, I decided to turn my idea of a public art workshop into a self-paced workshop to encourage more individuals to take charge of their own narratives and their own creativity.

Throughout this workshop, I'll give you the tools which will help you connect with your own creativity and creative self. Once the connection is established, it is up to you what actions you will take.

This work will require bravery, patience, time, and radical kindness towards yourself, your creativity, and your stories, as well as all the new stories that will come your way.

Another Way project started as a public art workshop and since 2023 has changed and evolved a lot, incorporating my own desire and need to truly understand my own story, take ownership not only of my own narrative but also my creative journey, which has not been as straightforward as I had hoped for in my early 20s.

For the majority of my creative career, I was a doer, and through actively taking actions, I wanted to capture creativity without giving myself time and space to:

- understand my own story,
- accept my neurodiverse difficulties,
- learn what it means to be a creative person,
- understand my creative process.

This Another Way Self-Paced Creative Development Workshop will help you step outside of the toxic productivity culture and lead you on the path of embracing Another Way of living, creating, and accepting your own personal narrative.

This workshop isn't just for artists and creatives but for anyone who wants to introduce more creativity into their daily life and simply live Another Way, your own unique and personal way.

BEFORE YOU BEGIN

“Creativity is inside all of us; we just need to find a way to unlock what is unique to who we truly are.”

Before diving in, take a moment to prepare your creative space:

CREATE YOUR CREATIVITY BOX

Find a container: a box, a basket, or a bag and fill it with small objects that **symbolise creativity** for you. Think: a dried flower, a ribbon, a shell, a stone, a photo, a scrap of fabric, whatever comes to your mind and is associated with creative expression.

These will serve as gentle reminders of your creative essence.

Throughout the workshops, I strongly encourage you to return to your creativity box frequently, and if you find a new object, add it to your box.

START A CREATIVE JOURNAL

Buy or make a notebook/journal to use as your **creative journal** throughout the workshop. This will be your space for reflections, sketches, notes, ideas and anything else you can think of.

It doesn't have to be anything fancy or expensive. You can make a creative journal from scrap paper or redesign a notebook you already have.

GATHER ART SUPPLIES

Use what you have, even your children's art supplies! This workshop encourages a **sustainable, low-pressure and low-budget approach** to creativity. If you need more materials, check charity shops, £ or \$ shops, or swap with friends. The goal is to **create without additional** financial strain or environmental impact.

WHAT THIS DIY WORKSHOP WILL HELP YOU DO

- Reflect on your **creative process** and how it fits into your current lifestyle,
- Slow down and reconnect with your **creative self**,
- Focus your creative energy and learn to do **deep, meaningful work**,
- Rebuild your connection with your **creative intuition and creative self**,
- Organise your work in a way that aligns with your **artistic values and temperament**,
- Take ownership of your own **creative story and narrative**,
- Reclaim your time, your energy, and your creative voice,
- Imbody a **new narrative**, one that values presence, process, and creative truth,
- You can use the structure of the workshop to:
 - Reconnect with your creativity

- Develop a specific project
- Reflect on your story and creative identity.

🌀 HOW TO USE THIS WORKSHOP

- The workshop is divided into 10 weeks of creative exploration.
- You can follow it week by week or jump to the sections that feel most relevant to you right now.
- There's no wrong way to engage with the Another Way DIY Creativity Busting Self-Paced Workshop. Follow your gut and trust your creative rhythm, as the beauty is in discovering what Another Way means to you and in your creative art practice.

MEET MAGDA OLCZAWSKA

If you're new to my work, here's a little about me, Magda Olchawska:

- I grew up in Poland during a time of massive transition, from communism to democracy.
- I moved to London in 1998, right after sitting my A-levels.
- I'm a neurodiverse learner, and my dyslexia and dyspraxia have shaped how I create, approach creative projects and how I teach.
- I studied acting and filmmaking, and discovered my true calling was behind the camera as a filmmaker and storyteller.
- I've run my own creative art practice since 2004, working across film, writing, public art, and education.
- I hold a BA in Theatre and Film, an MA in Public Art & Performance and a FHEA (Fellow of the Higher Education Academy).
- You can explore more about my creative practice [here](#).
- And visit my Storytelling Studio [here](#).

💬 FINAL THOUGHTS

Another Way Self-Paced Creative Development Workshop is your invitation to live, create, and grow in **Another Way** - your way.

You are already a creative being, so let's rekindle your connection with your creative self so you can finally express all the beautiful creativity that lives inside you.

WEEK 1: BEGINNINGS

Theme: Reclaiming Your Creative Self

This week is all about **starting gently**, **listening deeply**, and **reconnecting with your creative self**, the part of you that knows how to play, imagine, and express freely.

So, let's begin not with doing, but with **being**.

Step 1: Introduction to Meditation & Reflection

- Find a quiet space. Sit comfortably. Close your eyes.

TIPS

- I suggest you set a timer,
 - Use candles or incense to set the mood,
 - It's not a guided meditation, so don't listen to guided meditation videos or audios during this process.
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- Spend **5–10 minutes** simply being with your thoughts. Let them come and go without judgment. Allow images, memories, and emotions to surface. You don't need to fix or change anything, just **witness**.
 - Once you finish meditating, gently bring yourself back, and when you are fully connected with your body, open your journal to write down anything that felt important during that short meditation.
 - - What came up?
 - What surprised you?
 - What felt tender or true?
 - Or maybe your mind was busy just sorting out the daily "to-do" list, that's also fine, just make a note of it.

Step 2: Journal Prompts

Set some time aside to respond to the following questions (*use your journal for this*). Be honest with yourself, no one else will see that except for you:

- How do you see yourself as a creative person or artist?
- What has your creative journey been like so far?
- What do you hope this workshop can help you with?
- What would you like to change or nurture creatively over the next 10 weeks?

Step 3: Your Creativity Object

Return to the **creativity box/basket** you prepared for this workshop. Choose **one object** that will accompany you through this workshop. The object will be a talisman of sorts. This item will serve as a **symbol of your commitment to yourself and your creativity**, your curiosity, and your desire to explore creativity on your own terms.

Place the object somewhere visible. Let it remind you: ***You are creative. You are enough. You are committed to doing the work.***

STEP 4: WEEK 1 CREATIVE PRACTICE

Put away your devices. Give yourself the gift of **undistracted time**. Open your journal and dive into the following questions, wonderings and explorations:

1. Describe Your Creativity Object

- What does it look like? Use vivid, sensory language if you like, or you can be as minimalistic as you like.
- How does the object make you feel?
- What metaphor would you use to describe your creative talisman?
- What will this object represent for you during the workshop?

2. Explore Your Creative Self (*I define creative self in my creative art practice as this part of my creativity that is hidden inside my soul under the layers of shoulds, musts and don'ts that needs time, radical kindness and understanding to come out and connect with my consciousness so I can make and create projects from the place creative self lives in.*)

- How would you describe/define your creative self?
- Use words, drawings, collage, or any materials you have to let your imagination flow.
- Let this be playful, intuitive, and honest creative exploration.
- Don't put a time restriction on this activity. You can leave it for a day and come back for more exploration another day.

3. What Are Your Creative Keywords?

- Write down **10 words** that describe your creativity, your practice, or your current project. (*The keywords are likely to change during the workshops.*)
- Put the list in a place that's visible to you.
- If you have the time and feel playful, you could play with those words, creating short sentences or poems.

4. Creative Process

If you identify as **neurodiverse**:

- Reflect on your creative traits.
- What comes easily to you?
- What feels challenging?

- How might these traits (*easy & challenging*) shape your creative process in a positive and negative way?

If you identify as **neurotypical**:

- Reflect on your creative strengths and challenges.
- What patterns do you notice in how you approach creative work?
- What supports your flow? What disrupts it?



Final Thoughts

Remember: **There is no one way to be creative because creativity is very individual.**
This workshop is about finding *your* way of creating a lifelong, sustainable creative art practice that represents your authentic creative self and gives you joy.
Your creative path is going to be different from mine, and that is the beauty of creativity: endless ways of being, seeing, and sensing.

● WEEK 2: OBSTACLES

Theme: Naming What Holds Us Back

This week, we gently turn toward the things that get in the way of our creativity or on the way to completing a project.

Obstacles block our creative flow, dim our confidence, and keep us from finishing (or even starting) the work that matters most.

Obstacles are not signs of failure. They are invitations to listen more closely to our creative self. *(If you choose to call creative self any other name, please do so. However, throughout this workshop, I'll be using creative self to refer to a deep creative connection you will learn more about that in Week 3.)*



Step 1: Daily Practice: Meditation & Review

- Begin each creative session this week with **5–10 minutes of silent meditation**.
 - Sit comfortably.
 - Close your eyes.
 - Let your thoughts come and go.
 - This is not a guided meditation but a practice that helps to build **inner stillness** to learn how to listen to your own rhythm and creative self.
 - Has anything come up during the meditation that you would like to record in your journal?
- Before embarking on this week's tasks, **review your journal or artwork from last week**.
 - Highlight words or ideas that stand out. Add notes if something new has surfaced from re-engaging with the previous week's work.



Step 2: This Week's Focus: Understanding Obstacles

“Perfection kills creativity.”

Perfectionism is one of the most common and mostly invisible creative obstacles. It often disguises itself as ambition or commitment, but underneath, it's usually fear: fear of rejection, failure, or not being enough.

In my own journey, perfectionism became a comfort zone. It kept me from finishing projects, from sharing my work, from believing in my creative voice. It took years of radical kindness, slow creativity, and building self-awareness to begin unlearning that perfectionism wasn't my friend and didn't have my best interest at heart.

Obstacles can be:

- **Big and abstract**, like perfectionism or fear of failure.

- **Small and sneaky**, like not having the "right" notebook to start writing, getting distracted by the pressing issues we can't control or always having something else to do instead of focusing on developing the project.

This week, we'll explore methods to identify and redefine obstacles, turning them into prompts that could help us make creative progress.

STEP 3: WEEK 2 CREATIVE PRACTICE

TIPS

- Take your time answering all those questions below.
- Connect with your creative self through meditation, walking or dancing.
- Pick up the item you chose from your creativity box and hold it tight in your hand/s. Could the item become the physical representation of your creative self?

1. Identify Your Obstacle(s)

In your journal, reflect on the following:

- What is the **biggest obstacle** standing between you and your creativity (*acting on your creative ideas, finishing projects, starting projects*) right now?
- Is it one large, recurring obstacle or a set of smaller ones?
- What might be **hiding underneath** that obstacle? (*e.g., fear, shame, past experiences. Only you will know the answer to this question. Learning how to be still through meditation or any other calming activity that resonates with you will help you uncover what are the obstacles stopping you.*) If you can't answer this question right now, I suggest you write down the question (s) and put the page somewhere visible so you can come back to it after having some time to ponder and wonder (*you could also create a collage out of this page*).

2. Practical Actions

- What **small, doable actions** could help you move through or around the obstacle that is blocking your progress?
- Can you create a **habit or ritual** that gently challenges the obstacle? (*e.g., publishing something imperfect, setting a timer for 20 minutes of creative work, joining a writing group, allowing free time to think and just be*)

3. Playful Connection

- What **playful activity** could help you reconnect with your creative self this week? Is there anything you love doing just for fun? Could that fun activity help you/rebuild a connection with your creative self?
- Could you use collage, doodling, movement, sharing circle, or music to bypass the obstacle that holds you back from your creative connection?

4. Anchor Page: Creative Expression

- Create a **non-judgmental artwork** (*drawing, writing, knitting, collage, etc.*) in your journal, on a separate page or craft some art. Let it be messy, abstract, symbolic, anything that feels like a creative anchor for you this week. Use this method to ground yourself when obstacles feel heavy, and you need to switch off.

5. Reflect on a Past Victory

- Recall a time when you overcame a significant obstacle.
- What steps did you take?
- Can you **replicate or adapt** those steps to your current situation?
- What **positive outcomes** came from that experience?
- How can you **use that knowledge** to support your current creative project or creative development process?

Bonus Reflection: Creativity in the Context of Obstacles

- How do you feel about your creativity when obstacles pile up?
- What does it mean for you to be creative **in the face of resisting obstacles**?
- Describe your project **through the lens of challenge** and be as specific and detail orientated as possible.
- How do you think you could look after your creativity and your creative self when the obstacles make it impossible for you to move? (*Make a list and keep it in your journal, so you can easily access the list and act when you feel stuck and unable to move on.*)

Final Thoughts

Obstacles don't have to be the end of the road. In reality and from my experience, I know they are part of the journey.

In order to understand why we encounter obstacles or why they are so persistent, you need time to **observe, understand, and respond with radical kindness to your creative struggles**. Don't let the obstacle make you believe that you are behind. You are exactly where you need to be.

🌸 WEEK 3: CREATIVE-SELF

Theme: Reconnecting with the Source of Your Creativity

This week, we turn inward to explore the **Creative-Self**, the quiet, intuitive part of you where your most authentic stories and ideas live. This invisible but so very powerful part of you creates not for approval, but for self-expression, connection, healing, fun... *(anything else you can think of.)*

🧘 Step 1: Daily Practice: Meditation & Reflection

- Set a timer for **5–10 minuts**.
- Sit comfortably, close your eyes, and allow your thoughts and emotions to flow.
- Don't resist or judge what comes up, simply **observe and acknowledge**.
- If a strong emotional reaction arises to an image or a thought, gently ask yourself: *"What is this trying to tell me?"*
Then sit and listen.

After you finish your meditation and only when you feel ready, open your journal to write down anything important, new or unusual which came up during your meditation.

📖 Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 2**.
- Does anything stand out?
- Are there words, images, or ideas you'd like to highlight or add to your **vision board or a vision box** *(which you could start creating this week)?*
- Can you begin to see a **pattern** emerging from Week 1 and Week 2?
If not, that's okay. Patterns may take time to reveal themselves.
What matters most this week is to strengthen your **ongoing connection** to your creative self.

TIPS

- Begin by using a large piece of paper or a corkboard to create your vision board.
- Start small, as you will be adding to it over time.
- Include images, artwork you've created, or words you've written. *(Anything you can think of that represents your creativity)*
- This is your vision board, representing your creativity and connection with your creative self, so let your imagination run wild!

🌿 What Is the Creative-Self?

The **Creative-Self** is the purest, most innocent part of your creativity. It's where your **authentic stories and ideas** live, the ones you truly want to tell.

It's also where you connect to something larger than yourself: intuition, spirit, or even the divine.

But this connection can be fragile. It's easily buried under stress, urgency, and the noise of the outside world.

In my creative art practice, **fostering a strong connection with my Creative-Self** has become a core activity in developing a long-term, sustainable art practice.

Nurturing **Creative-Self** helps me stay aligned with my creative truth, my art, my artistic values and my purpose.

Activities that Help me Connect to My Creative-Self

Some of the activities I use regularly to connect to my Creative-Self:

- Meditation
- Walking
- Limited smartphone use
- No social media consumption on my phone and very limited on my computer
- Enjoying being in the space I'm in without any distractions
- Knitting
- Watching comforting shows (e.g., *Northern Exposure*) or Christmas movies
- Cooking or baking

These activities give me the **breathing space I need to empower my creativity**, encouraging ideas and solutions to creative problems, without feeling the pressure to perform quickly.

What activities could you introduce to your daily life to help you re/build a connection with your Creative-Self?

STEP 3: WEEK 3 CREATIVE PRACTICE

1. How would you identify your Creative-Self?

- Use words, images or any other type of artwork to describe or visually depict your Creative-Self. (*You can also use another word to describe what I call Creative-Self.*)
- Take your time, don't rush the process.

2. Reflect on the Creative-Self

- Do you feel connected to your Creative-Self right now?
- What does that connection feel like when it's strong?
- What does it feel like when it's missing?

3. Identify Current Obstacles

- What's stopping you from connecting to your Creative-Self?
- Are these internal (e.g., *self-doubt*) or external (e.g., *time, stress, distractions*)?

4. Realistic Solutions

- What **realistic actions** could help you overcome these obstacles?
- Consider your current life circumstances, what's doable right now? *(Always consider your current circumstances. There is no point in doing something that will only add pressure and stress to your life or make you anxious.)*

5. Choose Daily Activities

- From the list of activities above, pick **1–2 that you can do daily**. *(You can also put together your own list of activities. The most important part is that you choose 1 or 2 activities, which you can easily do daily.)*
- Integrate them into your daily routine.
- Try small steps at first. You want to set yourself up for success.
- Each week, write a short recap *(You can even devote a specific section to that.)* until the end of Week 10.
 - How did the activities help *(or not)*?
 - What did you notice?
 - What shifted?
 - Is your connection to your Creative-Self getting stronger?
 - If not, what is stopping the connection?

6. Creative Anchor Artwork

- Create a **non-judgmental artwork** that represents your Creative-Self.
- Use free association, mixed media, or any materials you have and feel comfortable using.
- Let this page or any other type of artwork be your **anchor**, a visual reminder of your Creative-Self and your connection to your Creative-Self.



Final Thoughts

Your Creative-Self is always there, patiently waiting for stillness, which lies beneath all the noise that surrounds our everyday life.

Give your Creative-Self space, time and offer radical kindness.

You don't need to force anything. Just keep showing up in the most gentle way you can, without distractions, and you will start seeing changes in the way you connect with your Creative Self.

WEEK 4: OBJECTIVES & PATTERNS

Theme: Understanding How We Set Goals — and Why We Sometimes Don't Reach Them

This week, we explore in depth the **objectives we set for ourselves**; how we set them; why we sometimes ditch them; and how our personal stories, neurodiversity (*in case of individuals identifying as neurodiverse*), past experiences and inner creative rhythms (*creative rhythms can be influenced by seasons as well as our life circumstances and those can change if/when our lives change*) shape our ability to follow through.

Step 1: Daily Practice: Meditation & Awareness

- Begin each session with **5–10 minutes of meditation**.
- Sit quietly, close your eyes, and observe your thoughts and feelings.
- Are you noticing any shifts in your ability to slow down, focus deeply or connect with your **creative self**?
- Has meditation become part of your daily routine? Or maybe you found a different way that helps you slow down to foster a deeper connection to your creative self.

After the meditation, when you feel grounded, open your journal to write down anything that came up during the meditation that feels important to you in this moment.

Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 3**.
- Does anything stand out?
- Is there anything you'd like to add to your **vision board/box**?
- If you haven't created a vision board yet, maybe this week is the time to start working on one?
- If you haven't started working on your vision board yet, what is stopping you? Can you identify any obstacles? How could you creatively overcome them?

Step 3: Before you start on exercises from week 4

- How do you currently **organise your work**? (*Make a list or create an artwork that represents the way you get organised best.*)
- How do you **track your progress**? (*Again, make a list or create an artwork.*)
- What are the signs that show you that you are moving in the right direction? (*Make a list or create an artwork.*)

STEP 4: WEEK 4 EXERCISES

1. Reflective Writing: Objectives & Follow-Through

- Think of a time when you **successfully followed through** on an objective.
- What actions, habits, and elements of your creative tool kit helped you stay on track?

- Now think of a time when you **didn't follow through**.
- What got in the way? (*Emotions, responsibilities, distractions, etc.*)
- Can you see a **pattern** in how you reach your objectives or walk away from them?
- Regardless of whether you can see the pattern or not, create a list of actions you took to stay on track, habits you developed in pursuit of your objectives, or reasons for abandoning the quest. Put that list/s somewhere visible.

2. Understanding Your Patterns

"I used to set unrealistic objectives with short deadlines, not because I wanted to succeed quickly, but because I was recreating a familiar pattern of working a lot, working fast and burning out."

- What are your **most common obstacles** when it comes to reaching your goals? (*Check the list you created.*)
- Are the obstacles you're battling internal (*e.g., fear, perfectionism, lack of focus*) or external (*e.g., time, support, resources*)?
- What **needs to happen** in your life for you to be able to overcome these obstacles?
- What **small, realistic changes** could you make to support your creative objectives?

TIPS

- Take as much time as you need to figure out and understand your patterns.
- What feelings and images come to mind when you think about the patterns that fuel your obstacles?
- What are simple actions you could take that would break up those patterns?

3. Long-Term Thinking (Optional but Encouraged)

- Do you have a **5–10-year plan** for your creative life or creative art practice?

If yes:

- Write down **5 objectives** from that plan.
- What is the **timeline** for each of those objectives?

If no:

- Do you believe long-term planning doesn't work for you? Why?
- Could you imagine a **flexible, values-based vision** instead of a rigid plan?

Reflect on the answers you gave above. Use:

- Reflective writing
- Visual journaling
- A mini vision board
- A mind map or timeline
- Collage of images, photos, cutouts from newspapers and magazines, etc.



Final Thoughts

Setting objectives isn't about control, it's about **clarity** that takes into consideration your current life circumstances.

This week, give yourself permission to **redefine success** in a way that honours your creative self, your neurodiversity (*if you identify as a neurodiverse individual*), the progress you managed to make despite life happening and your desire for creative fulfilment.

You're building something real one step at a time, in your own creative rhythm and your own unique way, a way that works for you at this very specific stage of your life.

WEEK 5: HABITS

Theme: Building Creative Habits That Support Creative Growth

This week, we shift our focus to building and establishing **habits** that shape our creative art practice through consistent actions, helping us move forward even when inspiration is nowhere to be found.

Step 1: Daily Practice: Meditation or Movement

- Begin each session with **5–10 minutes of meditation or movement**.
- If you don't feel connected to sitting in one place or your body feels restless, try walking or dancing.
- Observe the movement:
 - Shifts your energy,
 - Changes the quality of your work,
 - If the movement or meditation doesn't change the energy or quality of your work, can you identify any obstacles that stop you from letting go?

Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 4**.
- Does anything stand out?
- Are you noticing a **pattern** in how or when you prefer to work?
- Is there anything you'd like to add to your **vision board/box**?

If you haven't started your vision board yet, ask yourself:

- What's stopping me?
- Is it perfectionism? Time? Fear of doing it "wrong"?
- What small actions could you take daily to work on your vision board/box?

Creative Habits

"Over the years, what I perceived as a creative discipline became consistency, which has served as my creative anchor when nothing else works."

In 2012, I completed my indie feature film [Anna & Modern Day Slavery](#) on a shoestring budget. After ten days of production, it took me years to finish the post-production of the film (*all the image & sound editing that goes into it*). I only managed to do it because I had built a **consistency habit** over the years. I showed up every single day, even when it was hard, when I wasn't inspired and when I was tired and fed up with making no visible progress.

Creative habits are not about forcing productivity. They're about **creating a rhythm** that supports your creative energy, temperament, and goals over time, paving a way towards truly sustainable creative art practice.

STEP 3: WEEK 5 EXERCISES

1. Identify Your Existing Habits

- Make a list of **creative and life habits** you already have, even if you don't use them daily.
- Which of those habits feels **natural** to you without draining your energy?
- Which ones could be adapted to support your creative work?

2. Reflect on Habit Formation

- Identify one habit from your list above that could be re-purposed in your creative art practice.
- What helped you develop this habit?
- Why do you think you've stuck with it?
- Did you treat yourself with **kindness and patience**, or with **frustration and pressure**, while developing and practising constancy during the habit development/formation stage?

If you've found a formula that works for you:

- What are the **steps or actions** that made it possible?
- Could you **replicate this formula** for the development of habits in the future?

If not:

- What are the **obstacles** that stop you from identifying the habit or seeing the formula that could help you develop other habits?
- Is it possible that your **obstacles have become habits**?
- Is it possible that you never stuck with any of the habits long enough to develop a pattern?

3. Choose One Habit to Focus On

- Pick **one habit** from the list above that feels relatively easy to develop in conjunction with your current project or your creative plans/objectives.
- Commit to practising habit development for at least 15 minutes daily for the **rest of this workshop**.
- Reflect:
 - Does the habit spark joy?
 - Does your confidence grow in yourself and your habit when you repeat it daily?
 - How does the daily commitment to your habit make you feel?

If you have not been able to identify any habits:

- Think about the habit you would like to develop. *(It can be any habit, not necessarily work or creativity related. You may want to grow herbs, cook more healthy meals or read more, etc.)*
- Identify steps and actions you need to take to develop that habit. *(What's important is that you take action; you can always adjust your steps.)*

- Set aside 15 minutes a day to develop that habit.
- Continue with the development for the rest of this workshop.
- Don't forget to reflect in your journal and analyse the development process.
- Once this new habit has been established, identify a creative habit you would like to develop and use the same approach to development.

4. Revisit Your Objectives (from Week 4)

- Do your objectives **spark joy**, or do they feel more like a burden you want to look away from?
- How could you **reframe** them to align with your habits and creative rhythm?
- Could you use your **habit-building formula** to reframe your **objectives**?



Final Thoughts

Habits are the quiet scaffolding of a sustainable creative life.

They don't need to be perfect; they need to be **yours**.

Take your time with this module. There's no rush, and remember **consistency builds momentum** and momentum builds confidence, which will reflect in the way you create, approach creativity and grow as artists and creatives.

WEEK 6: TOXIC PRODUCTIVITY VS. INTENTIONAL CREATIVITY

Theme: Reclaiming Joy and Presence in the Creative Process

This week, we explore the difference between **toxic productivity** and **intentional productivity** and how to shift from burnout-driven productivity, aka toxic productivity, to mindful, meaningful creating, aka intentional productivity.

Step 1: Daily Practice: Meditation or Movement

- Begin each session with **5–10 minutes** of meditation, walking, or mindful physical activity (*gardening, stretching, yoga, etc.*).
- No music, no podcasts, just you and your breath or movement, if you choose movement.
- Notice:
 - Has meditation become easier or more natural?
 - Does the daily mindful practice help you feel more grounded before you begin your creative work?
 - Does movement work much better for you and your creative expression than meditation?
 - Are mindful activities the best way for you to connect with your creative self? Or perhaps there are other activities which can help you foster a connection to your creative self.
- At this stage of the workshop, I encourage you to experiment with meditation, movement and mindful physical activities. You might find that one of those activities works better for you, or possibly a combination of activities is the best way to grow mindfulness into your creative art practice or project development.

Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 5**.
- Does anything stand out?
- Have you started your **vision board/box**? If not, what's holding you back? (*Perfectionism? Time? Fear of doing it wrong?*)
- If you already have your vision board/box, what entries or artworks from the previous week could you put up on your vision board?
- Is a creative pattern emerging?
- Are you in the process of developing a new creative habit through the work you have already done? What is the creative habit?
- Has your approach to your own creativity and creative art practice shifted?

Toxic Productivity

“Toxic productivity puts all the value on the outcome and none on the process. It drives perfectionism and accommodates stress and anxiety as the only way forward.”

Toxic productivity thrives on:

- Constant output
- Perfectionism
- Fear of rest
- Disconnection from the creative self, the source of the creativity
- Anxiety masked as ambition

It often stems from early conditioning, systemic pressures, or internalised beliefs about worth and success. For neurodiverse creatives, it can be especially insidious that masking, overcompensating, and striving to “keep up” can become default mechanisms, which in reality only drain creativity and creative energy.

STEP 3 WEEK 6 EXERCISES

1. Reflect on Toxic Productivity

- Have you ever found yourself caught in toxic productivity?
- What were you doing? What did it feel like?
- How did it affect your creativity, your energy, your self-esteem?
- How did you recover (*if you did*)? What helped?

2. Explore Intentional Productivity

“Intentional productivity is rooted in clarity, presence, and purpose.”

- What does **intentional productivity** mean to you and in your creative art practice?
- How would it feel to work on a project with clear, aligned intentions?
- Can you describe a time when you felt **in sync** with your creative self?
 - What were you doing?
 - How did the project evolve?
 - What actions did you take?
- How can you introduce intentional productivity into your daily creative art practice?
- Can you use any of the previous exercises to help you develop an intentional productivity practice?

3. Compare & Learn

- Compare your experiences of **toxic productivity** and **intentional productivity**.
- What patterns or lessons emerge?
- What actions, thoughts, or habits helped you stay grounded in intentional productivity?
- What warning signs can you now recognise when toxic productivity starts creeping in?
- How can you implement that knowledge into your own daily practice?
- Are there any actions you need to take to stop toxic productivity from creeping in?
- Are there any artworks you would like to create that could be used as a link between you and intentional productivity?

Final Thoughts

Toxic productivity is sneaky it often wears the mask of ambition, discipline, or “getting things done.” But it disconnects us from our creative joy, our intuition, and our creative self. This week, give yourself permission to slow down. To reflect. To choose **presence over pressure**.

Videos to watch from the Another Way Series:

[How Toxic Productivity Hurts Creativity & Slows You Down: Another Way Ep.3](#)

[Breaking Free from Toxic Productivity in Creative Practice I Another Way Series Ep 17](#)

[Inspired Creativity: Reclaiming Your Artistic Power; Another Way Series Ep 21](#)

WEEK 7: DEFINING YOUR ARTISTIC VALUES

Theme: Building a Creative Practice Rooted in Integrity and Intuition

This week, we explore artistic values that shape your creativity and creative art practice. They can guide you towards a deep connection with your creative self, influence your daily work practices and help you feel happy about creating and uncovering creativity within you.

Step 1: Daily Practice: Meditation or Movement

- Begin each session with **5–10 minutes** of meditation, walking, or dancing.
- Let your body and breath guide you into inner stillness.
- Reflect on how this practice affects your energy and focus.
- Are there any improvements and adjustments you could make to your practice?
- Would you consider your daily meditation or movement a habit now?

Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 6**.
- Highlight anything that resonates deeply with your creative self and could indicate artistic values.
- Add meaningful artworks, notes or journal entries to your **vision board/box**.
- Is your board starting to reflect your creative and artistic style?
- If you haven't started working on your vision board/box yet, what is stopping you? *(Don't rush to answer this question; perhaps taking some time off, meditating or walking could help you answer it.)*

Artistic Values

“Artistic values are the compass that keeps your creative practice aligned with your authentic creative self.”

Unlike goals or to-do lists, **artistic values** are about *how* you want to create, not just *what* you want to create.

They help you:

- Stay grounded during uncertainty
- Make decisions that feel aligned with your creative self
- Avoid burnout and toxic productivity
- Build a long-term sustainable creative art practice

STEP 3: WEEK 7 EXERCISES

1. Define Your Artistic Values

- What matters most to you when you create?
- What do you want your creative art practice to feel like?
- What is non-negotiable for you within the way you want to create?
- Try to make a list of your **artistic and/or creative values**. (*Don't be judgmental, write whatever comes to mind.*)

Take a day or two before revisiting the list:

- Are any of your artistic values under the influence of **toxic productivity**? Could you reframe or redefine them, so the artistic values align more with your creative self and the way you envision your art practice growing and expanding?
- Do any of the artistic values align with your **creative objectives**? If not, could you re-evaluate your creative objectives to be more aligned with your artistic values?

2. Reframe & Refine

- If your list feels negative or limiting, how can you **reframe** it to be more empowering?
- How could your **artistic values** reflect your creative self with more clarity and depth?
- Would you like your **personal values** and **artistic values** to overlap? If so, how can you make it happen? Or would you prefer to keep them separate?

3. Embody Your Artistic Values

- Create a **story, memory** or **vignette** next to each artistic value, something that will help you find a connection between your artistic value and your creative self. Use any creative medium and don't be afraid to mix and match.
- Re-read these stories, memories or vignettes.
 - Do they resonate?
 - Can you feel them vibrate inside your mind, body, heart and spirit?
 - If not, explore why. If yes, try to **capture that feeling** through writing, art, or any other type of creative activity you enjoy. (*The aim is to create the memory of that feeling, which will be strongly embedded in your mind, body and spirit.*)

4. Integrate Your Artistic Values

- How can you **incorporate your artistic values** into your daily creative practice?
- What small or large actions could help you integrate those values within your creative art practice?
- How might these values support you when things get tough?
- Could you use your artistic values as keywords when you write your Bio or have to put together an About Page/s or description?



Final Thoughts

Your artistic values don't need to be perfect or fixed; they can change just the way you do.

But having them defined gives you something to return to when you feel lost, overwhelmed, or disconnected.

Take your time with this module and revisit it often, as your understanding and perspective on your artistic values will grow and change just like your creative art practice or project does.

I encourage you to allow your artistic values to emerge slowly, intuitively, and truthfully.

Videos to watch from the Another Way Series:

[Let Your Artistic Values Lead: Rethinking the 5-Year Plan; Another Way Series Ep 18](#)

WEEK 8: CREATIVITY BASED IN LESS

Theme: Creating with Intention, Not Exhaustion

This week, we explore the concept of **Creativity Based in Less**, a mindful, values-driven approach to making art that prioritises depth, long-term environmental, financial and creative sustainability, and connection with our creative self over hustle culture and perfection.

Step 1: Daily Practice: Meditation or Sensory Grounding

- Begin each creative session with **5–10 minutes** of quiet reflective meditation. Light a candle or incense. Sit comfortably. Let your thoughts rise and move on without judgment. Ask yourself:
 - What feels at odds today?
 - What feels aligned today?
 - How do I feel today?
 - Are my thoughts reflective of how and what I feel?
- Is meditation, movement or sensory grounding becoming more integrated into your daily life and/or creative art practice?
- Does stillness or movement impact your creativity in some way?

Step 2: Weekly Review

- Revisit your notes, journal entries, or artwork from **Week 7**.
- Is there a pattern emerging?
- Are you noticing a shift in how you approach creativity, project development and the growth of your creative art practice?
- Add anything meaningful from week 7 to your **vision board/box**.
- If you haven't started working on your vision board, start now and remember it doesn't have to be perfect. The vision board/box is yours and your creative expression, and only for your creative inspiration, archiving and references.

Creativity Based in Less

“Creativity based in less is raw, real, and rooted in an authentic connection to your creative self.”

This approach invites you to:

- Work with materials and resources you already have.
- Slow down and reflect instead of hustling and stressing over producing content and artworks.
- Prioritise quality over quantity.
- Rejection of perfectionism.

- Honour your energy, your creative needs (*such as time or space*) and neurodiverse traits, if you identify as a neurodiverse individual.
- Create space for joy, rest, and human connection.
- Encourage intuition through mindful actions, such as disconnection from the digital noise and constant exposure to content that could cause mental health issues.

Creativity based in less rejects hustle culture and toxic productivity to return to **the creative self**.

STEP 3: WEEK 8 EXERCISES

1. Understanding the Concept

- What does **Creativity Based in Less** mean to you?
 - Reflect for as long as you need, go back to the module on artistic values (*week 7*), which of those values are reflected in the concept of Creativity Based in Less.
 - Go back to your objectives and habits and see if any of those can be mirrored in your personal approach to Creativity Based in Less.
 - The most important concept in this module is less hustle and more mindful, deep connection with your creative self, artistic values and habits that nurture, not cause creative burnout.
- Have you ever practised Creativity Based on Less?
 - What did it look like?
 - Was your understanding of Creativity Based in Less based on your artistic values, creative habits or objectives or something else entirely?
- If you have not practised Creativity Based in Less, could you begin to implement elements of Creativity Based in Less in your current or future projects or in your creative art practice?
 - If you don't feel you could, what are the obstacles? How could you overcome those obstacles, for example, with more aligned and feasible habits or clearer objectives?

2. Re-examining Your Practice

- How could you restructure your creative process to use **fewer resources** (*operate with limited resources*) but with **more intention**?
- Is there a current project you could experiment with?
- On average, how much of your work is driven by (*reflect on the concept above for as long as you need to*):
 - **Recourse limitations**
 - **Financial limitations**
 - **Hustle culture**
 - **Space limitation**
 - **Time restrictions**
 - **Social pressure**

3. Deep Reflection

Reflect on the resources you use:

- Time
- Money
- Materials & products, which you need to create projects
- Energy
- Time away from family or rest

Ask yourself:

- How can I become **more intentional** with all these resources?
- What actions can I take today?
- What habits can I develop now to support a shift towards including Creativity Based in Less in my creative art practice and project development?

Optional Prompts

- What does “enough” look like in your creative practice?
- What would it feel like to create without pressure?
- How do you define success when you’re not measuring output in a hustle culture understanding of success?
- What does your creative self need more of? Less of?

Respond in whatever medium suits your creative temperament:

- Writing
- Journaling
- Video diary
- Artwork
- Audio reflections, etc.

Final Thoughts

Creativity Based in Less is not about doing less for the sake of it; it’s about **doing what matters**, in ways that feel nourishing, creatively sustainable over a long period of time, and authentic to your creative self.

Let this module be a gentle invitation to **slow down, listen deeply, and create with care.**

WEEK 9: PLANTING INTENTIONS TO GROW CREATIVE SELF

Theme: Nurturing Your Inner Creative-Self Through Connection with Plants

Step 1: Daily Practice: Meditation

- Begin your creative session with a **5–10-minute** sitting or walking meditation.
- Let your thoughts rise and fall naturally.
- What's surfacing?
- What feels aligned or out of place?
- Does the daily practice help you connect with your creative self?
- Does the daily practice enhance your creativity? If not, what is the obstacle?

Step 2: Weekly Review

- Revisit your notes, journal entries, and artwork from **Week 8**.
- Add anything meaningful, anything you feel emotionally and creatively connected to your **vision board/box**.
- Are you noticing a shift in how you approach your creativity?
- Do you feel more comfortable with your creativity? If not, what are the obstacles (*you should return to Week 2 to look at that module once again*)

Step 3: Visualising the Creative-Self

- Close your eyes and **imagine your inner creative self**.
 - Let your imagination flow freely.
 - What do you see?
 - How do you feel?
- In your journal, create a dedicated section for visualising your **creative self**.
- Capture the image or feeling of your **creative self** through:
 - Drawing
 - Writing
 - Journaling
 - Photography
 - Collage
 - Audio or video recording/journaling
 - Or any other medium you feel connected to

Step 4: Reflective Prompts (*Optional*)

- What story or narrative is your **creative self** telling you?
- How can you **embody** that story in your daily life and creative practice?
- How could you connect your daily creative habits with your **creative self**?

Step 5: Planting Intentions

- **Physically plant seeds** (*in soil, pots, or community gardens*) to represent your commitment to your creative self, your story, your creativity, your project that is currently developed and your creative art practice.
- Care for your plant/s with the love and attention you devote to people or pets you love.
- Observe how the plant's growth mirrors your own creative evolution and your growing and changing connection to your **creative self**.
- Are there any similarities between the plant sprouting and your creative/project growth?
- Has the physical action of actually planting the seed/s helped you with the development of your current project or a deeper connection with your **creative self**?

Step 6: Integration

- How can you **plant the seeds** of your intentions, goals, and artistic values into your everyday life? (*Whenever you set goals, intentions or try new habits, you need to make sure all of that is included in the context of your current life with all of its commitments and responsibilities. You won't be able to look after your creativity and give yourself space and place to create and grow if your expectations are not inclusive of your current life situation and set-up.*)
- What are small, consistent actions you could take to help those creative or project seeds grow? (*Those actions will change over time, so I encourage you to welcome that change and be open and adventurous in that respect.*)

Final Thoughts

I strongly encourage you to plant seeds of creative ideas throughout your day, routine and daily schedule. If you have the means and space to plant seeds, I truly hope you will be able to experiment and see for yourself how the physical action of planting seeds can help you develop ideas in the loving, caring and kind space, the creative self provides for all of us as long as we are willing to slow down, connect and listen.

Video to watch from the Another Way Series:

[Seed Planting as a Creative Practice](#)

🌟 WEEK 10: INTEGRATION & NEXT STEPS

Theme: Honouring the Journey and Moving Forward with Intention



Step 1: Daily Practice: Meditation or Movement

- Begin with a **5–10-minute** meditation, walk, or dance.
Reflect:
 - How do you feel after each session?
 - Will you continue this practice beyond the workshop?
 - Has this mindful practice helped you connect with your creativity and creative self on a deeper level? If not, why do you think that is?



Step 2: Final Review

- Revisit your work from **Week 9**.
- What stands out? Should any of the work you did in week 9 go up on your visual board/box?
- Then go back through **all nine weeks**. (*You can go through all the journal entries or pieces of artwork you created during that time, which are included in your visual board or box.*)
- Is there a **pattern** or **theme** that has emerged?
- Is there anything you missed in previous revisions that is vital to your creative art practice? (*Objectives, obstacles, habits, artistic values.*)
- Is there anything you would like to add to your vision board/box that you missed?
- If you haven't created your vision board/box yet, do you feel ready to create your vision board now?
- Are there any rewrites or additions to the previous weeks you would like to add to your journal?
- Use your journal as a creative backbone for development, growth and understanding of your creative art practice.



Step 3: Mapping the Path Forward

- Based on your reflections and your **vision board/box**, make a list of:
 - What are your most common obstacles? How can you overcome those obstacles?
 - How can you set out realistic objectives?
 - How does your creative self look like and feels like?
 - What are the daily mindful practices that help you connect to your creative self?
 - How does your creative art practice look like when you practice creativity based in less?
 - How can you replace toxic productivity with intentional productivity?
 - What are the **artistic values** you want to uphold in your creative art practice?
 - What are the **steps** (*small and large*) you need to take to bring your creative vision or creative art practice to life?

- What habits will you have to develop in the process to reshape your creative art practice or redevelop or enhance your creativity, the project you are working on, or lead a more creatively fulfilling life?

Parting Words

“Creativity is individual, and when you slow down, listen, and honour your own creative rhythm, you will be able to connect with your creative self on a deep, authentic level.”

Let this final week be a celebration of your **growth**, your **voice**, and your **creative self**. You’ve done something powerful not just by making art and journaling about your creative self-discovery process, but by **reclaiming your creative self and** starting on a journey that will help you find the essence of your creative art practice and will help you create works that are authentic, vulnerable and most importantly come from within where there is no place for stress, pressure and perfectionism of the hustle culture.

Happy Growing, Creating and Finding Your Creative Art Path,

Magda Olchawska BA (Hons), MA, FHEA

Where else to find me:

My creative art website: <https://magdaolchawska.com/>

If you want to work with me on individual projects check out my [offers](#)

YouTube: <https://www.youtube.com/@MagdaOlchawska>

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