

Bold Book Notes – Big Magic by Elizabeth Gilbert

Main Take Aways:

Lead your Creative Life – do some creative living

Whatever that means to you

What do you love doing so much that the words “failure” and “success” become irrelevant?

You do not need anyone’s permission to lead a creative life.

Creative Entitlement: **YOU ARE ALLOWED TO BE HERE**

-Interact more vividly with life

-Take risks, Remember **YOU ARE ALLOWED TO BE HERE**

Knowing this helps fight off self-doubt.

Defend yourself against self-doubting dialogue.

It starts with defining yourself.

-Yes – you are a mom/wife/daughter/sister but what else?

Be AUTHENTIC don’t worry about being ORIGINAL. If you are AUTHENTIC, it will feel ORIGINAL.

Always be creative for you – not anyone else. Don’t put that pressure on yourself.

THE REWARDS CANNOT COME FROM EXTERNAL RESULTS. THE REWARDS COME FROM DOING THE CREATIVE THING ITSELF.

Let people have their opinions and love their opinions just as much as you love yours. Just know you don’t require their blessing or their comprehension to do your thing.

It ain’t what they call you, it’s what you answer to – W.C. Fields

What’s your favorite flavor of shit-sandwich?

-Everything wonderful comes with its own lousy side effects

-Everything sucks some of the time.

-If you love something enough, whatever it is, then you don’t mind eating the shit sandwich that comes with it.

You can murder creativity if you rely on it to pay your bills.

Ingredients for creativity:

- Courage
- Enchantment
- Permission (you give it to yourself)
- Persistence
- Trust

Be willing to make the time to create – just like you would when you were young trying to find any and all moments to share with your first love.

Become a deeply disciplined half-ass

- forget about PERFECT. It is the enemy of the possible and the fun.
- Perfectionism is a high-end haute couture version of fear, pretending to be elegant when it's just terrified.
- Women! Break out of the perfectionist habit! Think and act like an over-confident risk-taking dude!

If you aren't actively creating something, then you may be actively destroying something (yourself, a relationship, your own peace of mind.)

We all need an activity that is beyond the mundane and that takes us out of our established and limiting roles in society.

- It is good to escape yourself for a while... and if you are creative in that escape, you have a souvenir to show for it.
- Understand and feel liberated with the knowledge that nobody is ever thinking about you. People are mostly thinking about themselves. So go be whomever you want to be!

Be Amazingly Imperfect! Done is better than good! Completion is honorable!

Ask yourself: "Is there anything you're interested in?" The answer doesn't need to blow you away – just a tiny speck. Turn toward it, it is a clue. Follow the clues to see where it leads.

BE CURIOUS!

It is all about the YES. Say yes to the tiny clue you find when curiosity sparks.

When things don't go as well as planned, say "That's interesting." Vs. "Screw it" or get mad or down on yourself. No shame, no despair in "that's interesting".

Interesting outcomes are just awful outcomes with the volume of drama turned down.



be STRONG ✨ be HAPPY ✨ be **BOLD** ✨ be YOU

Shake off failure by:

- Forgive yourself, let it go, we are all beginners
- own your disappointment, acknowledge it, then move on
- keep moving, keep going, stay busy, it will take your mind off anxiety and pressure

Fierce Trust: put it out there knowing the outcome doesn't matter... that it can't matter.

-You are worthy, keep doing it, keep sharing regardless of the outcome.