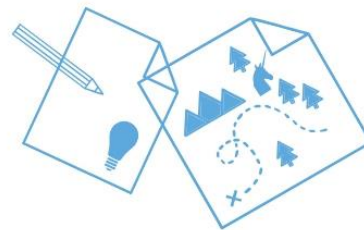


# How to create for 'I was, I am, I will be...'



Explore your  
personal journey



Map out your  
ideas

Get lost in your  
creativity

Create to your  
heart's content

Share with us  
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[QuietConnections.co.uk](http://QuietConnections.co.uk)

## How to begin exploring your story...

Creating for 'I was, I am, I will be..'

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"Creativity is the way I share my soul with the world."

- Brene Brown

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The first step is having a sense of your own journey; you may wish to create yourself a timeline either physically using space on the floor, drawn on paper, or in your mind; dip your toe back into the past, reflect on your now and look forward into the future.

### What is it that you would like to explore, express and share?

It may be beneficial to create a mind map, write a list, doodle, or voice out loud what comes to you throughout your timeline or by answering some of these questions below (*feel free to look at all three, or focus on one*):

I was	I am	I will be
<ul style="list-style-type: none"><li>• What did you used to believe about yourself?</li><li>• How did you used to feel?</li><li>• What emotions were you experiencing?</li><li>• What thoughts were you telling yourself?</li><li>• How did you used to see yourself?</li><li>• What did you previously behave or act like?</li><li>• How were you experiencing the world around you?</li></ul>	<ul style="list-style-type: none"><li>• What are you believing about yourself now?</li><li>• How do you feel at the moment?</li><li>• What emotions are you experiencing?</li><li>• What thoughts are you hearing?</li><li>• How do you see yourself today?</li><li>• What are your current behaviours or actions?</li><li>• How are you currently experiencing the world around you?</li></ul>	<ul style="list-style-type: none"><li>• What will you be believing about yourself?</li><li>• What do you hope to feel?</li><li>• What emotions will there be?</li><li>• What thoughts will you be telling yourself?</li><li>• How will you see yourself?</li><li>• What does the future you behave like?</li><li>• What will be your experience of the world around you?</li></ul>

# #WeAreEnough

Answering these questions alone may be enough to start writing or recording your story, or if you're interested in creating something more figurative continue with this process:

Select 3-5 words, phrases, doodles etc that came to you from each section that you feel instantly drawn and pulled towards; consider the following for what you have chosen, in the same way as above:

- If they were colours, shapes or textures, what would they be, feel and look like?
- If they had noises, what would they sound like?
- If they were metaphors, what would you say?
- How else could you describe them?
- What visuals do you imagine?

This is a fantastic way to start externalising your experiences in a metaphorical way – after all a picture speaks a thousand words!

This may be enough for you to begin creating and the ideas may be in full flow! Or, at this stage, you may want to start collecting some images for inspiration that speak to you and depict the feelings and thoughts that you have already explored. [Pinterest](#), of course, is great for this – why not try typing in variations of the words or phrases that you have come up with and see what is waiting for you!

By this point, you'll have enough ideas to inform what you can do; the next step is to create to your heart's content!

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If you would like any further support please contact Stacie at  
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