

Dear Creative Soul

20 INSPIRATIONAL & MOTIVATIONAL INSIGHTS
TO LIFT YOUR SPIRITS & FOSTER SELF-LOVE

PHOTOS & WORDS BY CHRISTINA GREVE





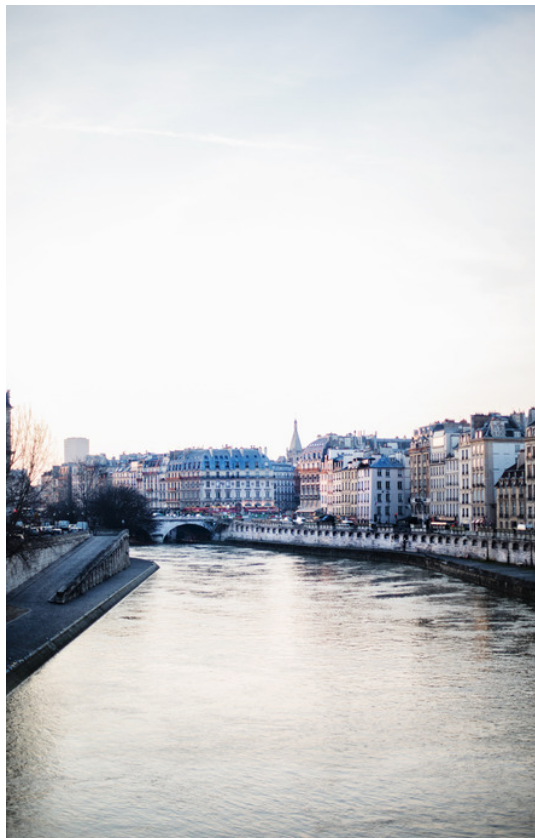
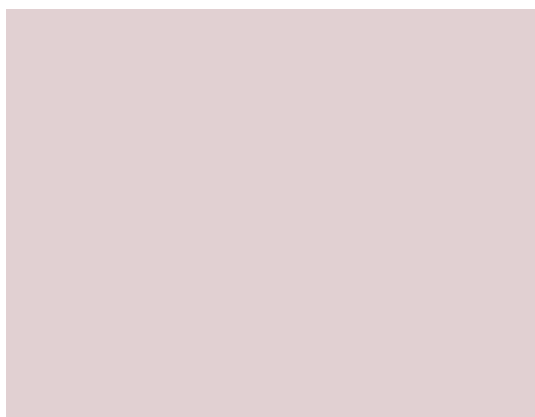
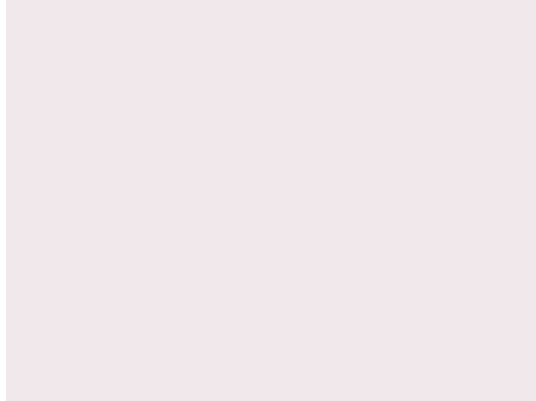
Hi,
I'm Christina

Photographer
Creativity Coach
Life Design Mentor

I help heart-centered women, passion-driven makers, and creative souls optimize life + make a living doing what they LOVE.

My goal is to remind you of your real value as a creative soul. YOU are truly unique, put on this earth with a special talent and purpose. You deserve love. You deserve to live a beautiful life with passion, meaning, and love.

To live life fully on your terms you must first and foremost trust yourself, trust your abilities, and your intuition. Self-care and self-love are just as important as breathing. It's essential for your happiness. Go be fabulous! The world needs your voice.





1

Dear creative soul

STOP WAITING FOR THE PERFECT MOMENT

Sometimes you just got to act even though the circumstances are far from perfect. Life is not always making it easy for you to make a move.

And even though the road might be bumpy and lonely at times, you can still make the ride incredible and worthwhile.

Life is change.

Your circumstances are constantly changing.

How you start is never how you end.

So if you find yourself waiting for the perfect moment to act...
stop waiting.

Life is short and precious.

Take a chance a make the move.

Make a new beginning and create a beautiful memory.

Dear Creative Soul

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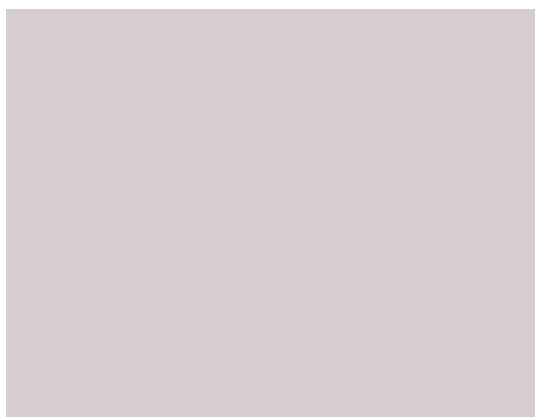
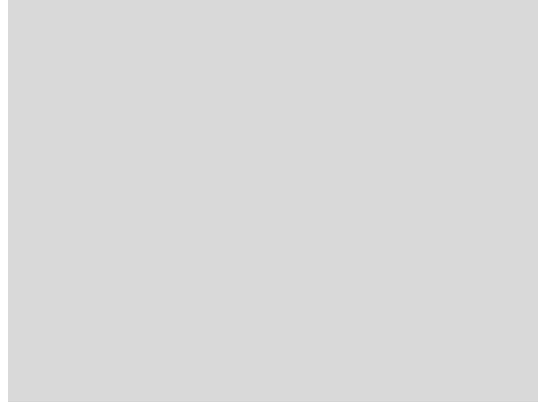
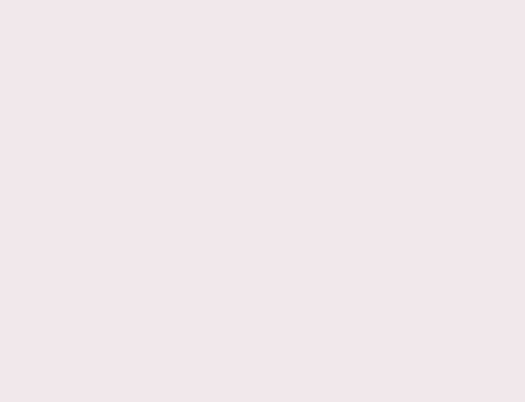
Energize Your World

Your life deserves all the enthusiasm and energy you can put into it. So without waiting another moment, give it, and keep giving it. Be a positive presence in your own life, your own thoughts, and your own actions.

Be a positive influence for your very own soul. Imagine the best that can happen, and take steps in that direction. Visualize pure, unrestrained joy and then let that joy emerge from your vision into your life. Let go of the old habits and negative thoughts that keep you feeling worried and hesitant.

Think about what it would mean right now to live with boldness, and enthusiasm. Then go do it. You have the power to energize your whole world. Activate that power, create that energy, and do all the great things today you know you can do!





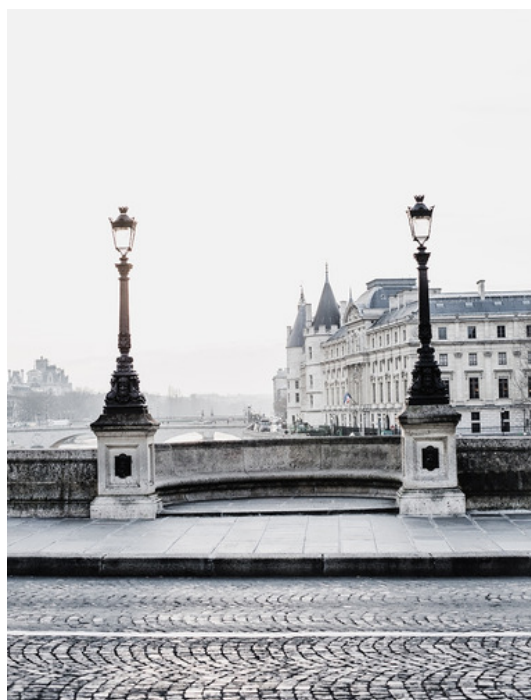


Dear creative soul

THIS moment, is all you got!

Ever been in a conversation with someone and you catch your mind worrying about a problem you're having somewhere? Having your mind wander to what you're supposed to be doing with your time, having your mind wander to the past or the future? The mind wanders relentlessly if we let it, and it goes without direction if you don't focus on bringing your attention back to the present. The moment, THIS moment, is all you got. Choose to see it.

Real joy comes from experiencing life here and now. Real joy doesn't come from wandering with the mind focusing on worries, and to-do lists. If you want to conger the world and find peace within it starts with SEEING and BEING AWARE of what is in your reality. Strive to be more present today. Slow down. Listen. Notice the details. Let go of worries and embrace love and kindness.





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Dear Creative Soul

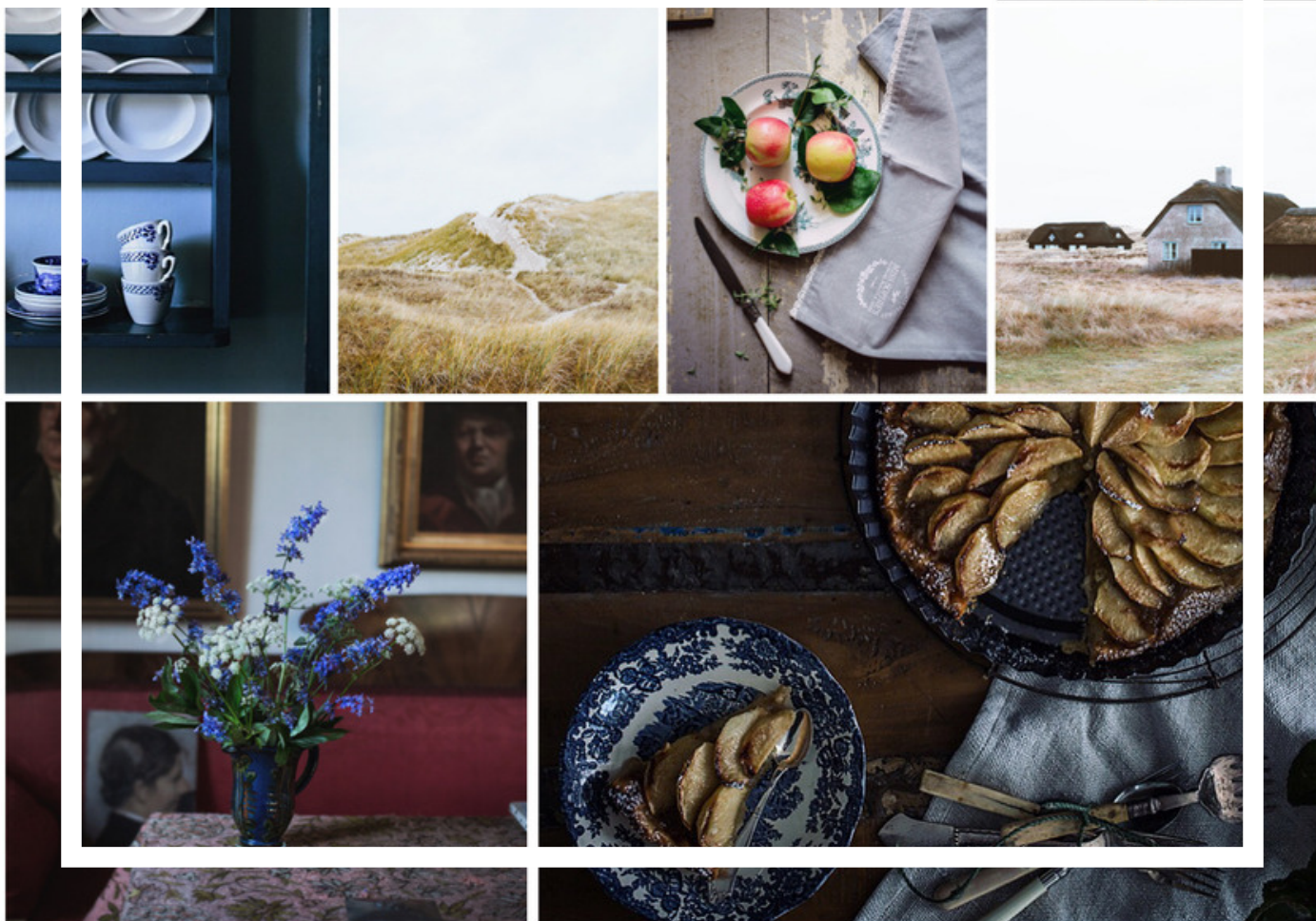
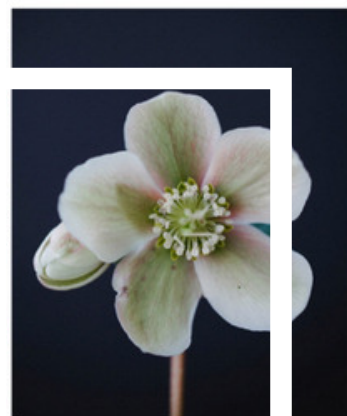
WHAT WOULD LOVE DO?

How do you know when you're making the 'right' choices? While some decisions are easy others can turn into dilemmas. It can become difficult to make a decision because we fear the outcome. Since every big choice represents a battle between our rational mind and our emotions the key to good decision making is learning to go with your intuition. Your subconscious mind has a wealth of reliable information from which to draw, so your intuition is rarely wrong. One thing I have noticed is that 'gut instinct feelings' do not go away! If you get the 'feeling' something is not right - then it's important to listen and act on it. The truth is; when you're in doubt you are not really in doubt, you are fearful of the outcome of making the choice. You fear the consequences. Ask where the doubt stems from. Is it your intuitive self or your fearful self? Whenever in doubt close your eyes and ask yourself "*what would LOVE do?*" It always helps seeing things more clearly. You aren't guaranteed a "good" outcome but there is treasure even in a "bad" outcome. So never let fear stop you from moving forward and making best decision for you.

6 *Dear Creative Soul*

FINISH SOMETHING

In order to really spark your creative mind celebrate progress NOT perfection. Focus on experimenting, exploring, playing and testing. Finish SOMETHING. When you finish something your creative mind grows like a muscle. Understand that what you create is important - even when you don't think so yourself. Shift from "I'm not worthy" to "I'm worthy". Shift from complexity to simplicity. When you get rid of all the noise in your head and focus on the few activities that matter and inspire you most, you'll gain a new sense of awareness and motivation.



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Dear Creative Soul

CELEBRATE YOUR PROGRESS

Do you sometimes feel your progress is slow? Do you sometimes blame yourself for not being talented enough, and not doing enough with your creative career? Remember, everyone was once a beginner. Every famous artist was once a novice. Every top athlete was once out of shape. After all life is a process – a journey. Respect yourself. Allow baby-steps. Honor every tiny progress, and it will be reflected back to you. You must not be impatient. Be supportive of yourself. STOP focusing only on how far you still have to go, and take a moment to look at where you came from. You might be surprised by what you find...That's ALL that really matters!





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Dear Creative Soul

THERE'S ABSOLUTELY NOTHING WRONG WITH YOU!

Abandon the idea that you are not good enough. Stop trying to 'fix' yourself; you're not broken. No one are! You might have some bad habits, you might be a bit out of sync with yourself from time to time- just like the rest of us. But you are not broken and there 's nothing wrong with you. You are a perfect, beautiful, unique human being with perfect imperfections. Instead of telling yourself little lies about who you are and what you can and cannot do, focus on your potential, your passion and ability to spread love and kindness.



Dear creative soul

YOUR WORK IS MORE IMPORTANT THAN YOUR FEAR OF CRITTIQUE

Whether you fear failure or success.
Whether you fear exposure and harsh critique,
challenge yourself to kick fear in the butt!
It can be very emotional daring to expose
yourself and your creative work on
the world wide web, because you put so much
of yourself into your work.

People can sometimes be quick to judge you
and throw critique your way and when they do it hurts!

Maybe you know the feeling?
So if and when this happens to you,
I hope you´ll remember that they will respond to you based on their
taste

– and that their taste is not the same as yours.
Therefore stay true to who you are and don´t let
anyone take your passion away from you!

And remember also to take in all the positive feedback you get –
because luckily there are so many supportive people who loves what
you do, and who will be there to cheer on you. But they can´t find you if
you hide.



CREATE A ROCK-SOLID NO BULLIES ALLOWED IN MY LIFE ATTITUDE

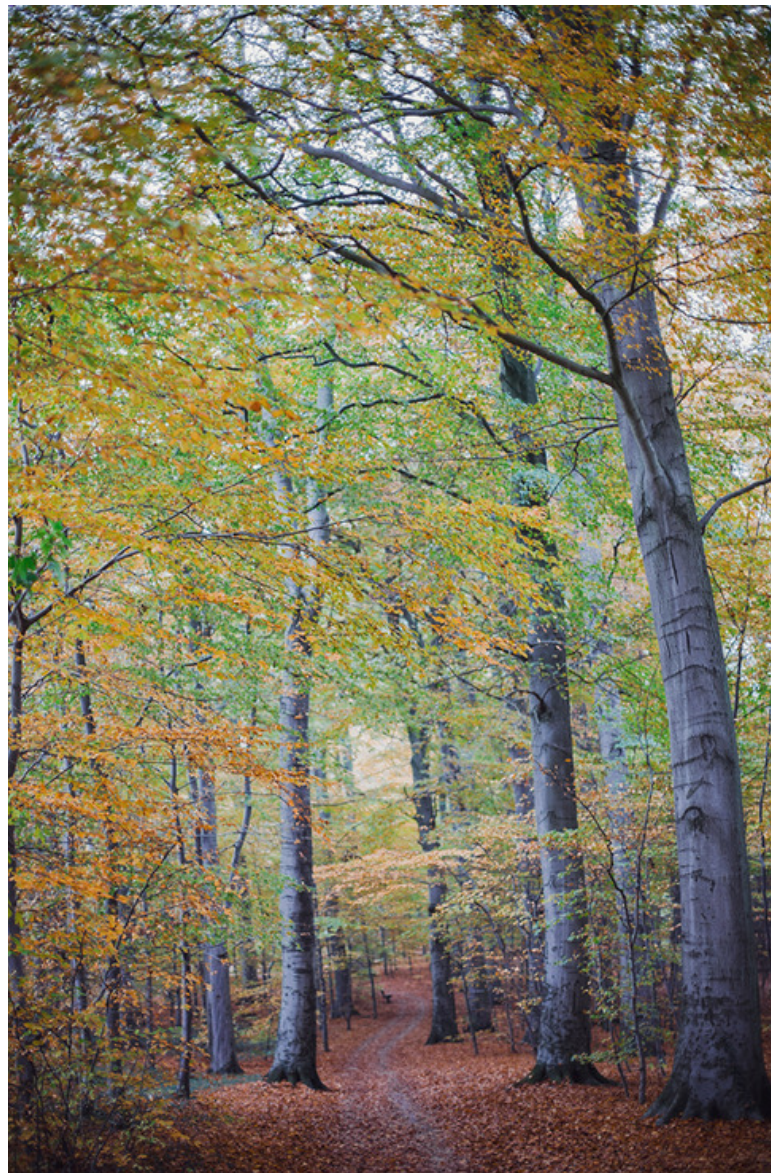
When you choose to play big in life you will meet bullies along your path. People putting other people down to feel better and powerful themselves are simply bullies wrapped in their own pain fighting their own battles. When they get tired of feeling pain and frustration they nom themselves by attacking people around them. Your pain is their fix - a way away from reality. Usually people with low self-esteem and a certain amount of unconscious resentment (envy, jealousy) pushes the bully to project their own feelings of inadequacy onto you while denying that anything is wrong with them. It gives them a sense of power and authority in the world that they may not otherwise experience. But make no mistake. No matter the cause, no matter the situation or how bad someone feels, it's never okay to use it as an excuse to putt you down! The hurt, fear, shame and sadness you feel after the attack can be overwhelming. Paralyzing. But no bullies are worth tasseling with. Your time is valuable, and your happiness and well-being are important. You have the right to be treated with respect. You have the right to have opinions different than others. You have the right to express your feelings, opinions and wants. You have the right to create your own happy and healthy life. Never let a bully take away your power, your values and your moral authority. Be strong, speak up, share your experience and ask for help. Remember for each mean bully there's plenty of people who loves you - you are never alone.

Dear Creative Soul

LET CURIOSITY LEAD THE WAY

Curiosity, the drive to experience, the urge to explore, your heart's innermost desire are your souls navigation system. Listen carefully. Respect even the smallest whisper from within. It can be really scary at times but it's the best way to grow into your true potential. It's how you lead yourself to happiness and flow in business and in life.





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Dear Creative Soul

YOUR NEW BEGINNING STARTS NOW!

KNOW THIS: You can start over, each morning. The best time for new beginnings is NOW. It's okay to have setbacks... it's okay to draw a line in the sand and start over. Just make sure you are moving the line forward. Move in the directions of your dreams and goals. Take baby steps, but take steps that stop you from being stuck.

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Dear Creative Soul

CHOOSE LOVE AND KINDNESS OVER WORRY

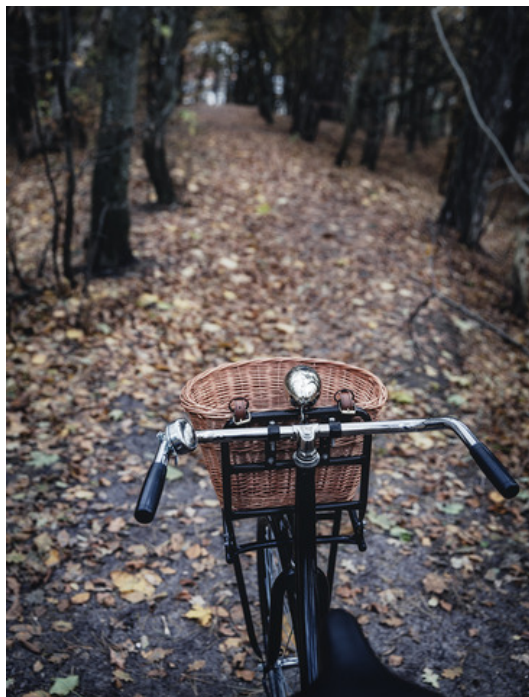
Most of what worries you today has absolutely nothing to do with today. If you worry too much about what might be or what might have been, you will ignore and totally miss what is. Worry is the greatest thief of the present moment. It does nothing but steal your joy and keep you incredibly busy doing absolutely nothing worthwhile at all. What would you be able to do if your mind was worry-free? What can you do right this instant to choose love and kindness over worry?



Dear Creative Soul

HAPPINESS IS A HOW, NOT A WHAT

Happiness is a how, not a what. A mindset, not a destination. It's about enjoying all the little things, while chasing after the big ones. Happiness does not start when "this, that or the other thing" is resolved – it happens now, when you appreciate what you have. When you are present in the moment and noticing all the beauty and love around you. Happiness is about focusing on the good things, letting go of the negative. So no matter what else may be going on, always remember that you have been blessed with this moment and the ability to live it as you choose.





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Dear Creative Soul

LET FEAR BE YOUR TRAVELING COMPANION

Whatever the little voice of fear is saying, it's probably not true. The fearful part of us is irrational and overprotective. Sometimes fear will stay with us no matter what we do. In that case let fear be your traveling companion. Let it be there, but not in control. Let it be there, but don't take direction from it or stop moving forward because of it. This is a skill. It's a skill to learn to act in the face of fear, to allow it to be present but not to interfere. You are in the driver's seat, in your own lane, moving forward. Fear is next to you, not blocking you but just there, somewhat irritating and trying to tease you. The ride would feel more enjoyable and free if fear wasn't there, but you are getting to your destination just fine anyway. Learn to walk with fear this way — as if it's your uninvited traveling companion - it's there, but YOU are the one in control.

Dear Creative Soul

IT'S OKAY TO SLOW DOWN

Slow down and making time to re-connect with yourself. Think of your soul as a small child that needs time to play, relax, laugh, touch, hug, feel, create and explore. It's your job to nurture your soul and fulfill it's needs. No one else can do it for you! A stressful life in the fast lane often makes for a sad and lonely soul. Slow down your tempo and make time to breathe, walk barefoot, listen to the silence, take a long warm bath/shower, get a massage, meditate, sleep more, write your thoughts down in a journal and so on. A happy soul ensures a clear and focused mind.

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Dear Creative Soul

LIVE HAPPILY IN YOUR OWN WAY

You have to dare to be yourself, and follow your own intuition, however frightening or strange that may feel or prove to be. Don't compare yourself to others. Don't get discouraged by their progress or success. Follow your own path and stay true to your own purpose. Success is ultimately about spending your life happily in your own way.



Christina Greve

PHOTOGRAPHER, CREATIVE COACH & LIFE DESIGN MENTOR

Christina Greve is a lifestyle photographer, creative coach and life design mentor helping heart-centered women, passion-driven makers and creative souls optimize life + make a living doing what they LOVE.

She is known for her elegant lifestyle photography and draw much of her inspiration from the Nordic countryside, travels, food and still life. Her work has been featured in numerous magazines, blogs and books worldwide.

After a decade of working with psychology and coaching, Christina's passion for photography evolved into a full-time photography and coaching business.

Today she runs a thriving + fast growing business specializing in professional online training, motivating and engaging female photographers, designers, bloggers, makers + creative souls. She has coached thousands of fabulous women from more than 40+ countries.

Visit www.christinagreve.com for more open-hearted wisdom, workshops and creative inspiration.



THANK YOU

You are utterly AMAZING, fabulous, beautiful and unique. The fact that you are here, reading along means the world to me. If I can lift the mood in you, spark a bit of hope or remind you of what you deserve...my work is done - that's what gets me out of bed in the morning. So thank you for being here, thank you for being YOU!