



# Elizabeth Gilbert's Creativity Workshop

Jumpstart your creative journey with coaching from a bestselling novelist

## What You'll Learn:

- Create a Purpose Map that pinpoints what you care about and how you can get started pursuing creative projects
- Identify how your curiosity can trigger creativity
- Structure your creative life by learning to break down your time into hobbies, jobs, career, and vocation
- Understand how to prioritize your own creative fulfillment so that you can better serve others
- Learn from 3 real-life case studies of people facing creative struggles who receive counsel from Elizabeth
- Kickstart creative projects that have stalled

## Description

Perfectionism, originality, and passion are overrated. In this course Elizabeth Gilbert will show you why we should instead strive to be authentic doers who follow our curiosity. She'll bring key lessons from her latest book, *Big Magic*, and offer coaching and insights that expand beyond the chapters. For those who struggle to get started, Elizabeth will respond directly to three common dilemmas change makers face. You will walk away equipped with the practical tools and inspiration to help push your own creative projects into the next gear.

Each of the 5 sections will also be accompanied by Creativity Notebooks & practical exercises that enable you to put concepts from *Big Magic* into practice in your own life.

**Format:** Video-Based Course

## Curriculum

- **LEARNING TOOLS**
  - 12 video tutorials from Elizabeth Gilbert, Bestselling Novelist
  - 5 Creativity Notebooks to help kickstart your creative projects
- **SECTION 1: Uncover Your Creative Life**
  - Video: Introduction to the Course from Elizabeth Gilbert

- Video: What is Creative Living?
- Video: How to Live a Curiosity-Driven Life
- Video: How to Find Your Creativity
- Resource: Creativity Notebook 1: Curiosity Cat Scan
  
- **SECTION 2: Structure Your Life For Creative Living**
  - Video: Letter to Liz from a Lost Artist
  - Video: Liz Responds: Distinguishing Between Hobbies, Jobs, Careers & Vocations
  - Resource: Creativity Notebook 2: Hobbies, Jobs, Careers, and Vocations Grid
  
- **SECTION 3: Unlock Your Authenticity**
  - Video: Letter to Liz from a Young Idealist
  - Video: Liz Responds: How to Find Your Purpose
  - Resource: Creativity Notebook 3: Purpose Map
  
- **SECTION 4: Find Your Source of Luminosity**
  - Video: Letter to Liz from a Tired Teachers
  - Video: Liz Responds: How to Serve Others with Joy
  - Resource: Creativity Notebook 4: Are You a Martyr or a Trickster?
  
- **SECTION 5: Summon the Courage to Start**
  - Video: Why Courage is Better than Fearlessness
  - Video: Why Perfectionism is the Enemy
  - Resource: Creativity Notebook 5: Creativity Permission Slip

### **About the Course Partner**

Elizabeth Gilbert is a bestselling author of several books including *Eat, Pray, Love*, *Committed*, *The Signature of All Things*, and, mostly recently, *Big Magic: Creative Living Beyond Fear*. Her books have been translated into over thirty languages and sold over 10 million copies worldwide. In 2010, Time Magazine named Elizabeth as one of the 100 most influential people in the world.