



Sandra Owen Creative

By Sandra Owen

Born to Stand Out

YOU HAVE A UNIQUE GIFT

Take some time to think about the things you are good at as you work through this teaching topic. Whether you already know what your unique gifts are or not, it's always great to explore and dig deeper.

You may have heard the idea that we all have unique gifts to share with the world. It took me a while to really get my head around this concept. With billions of people on the planet, how could we all have a unique gift? How many gifts could there really be?

There are probably thousands, if not millions of people who have the same gifts as me or you! I believe my natural, 'God given' gifts are creative art, music and teaching. What makes me different to all the other crafters, musicians and teachers out there and what makes you different from others too?

DOING WHAT YOU LOVE

Let's explore the things you really enjoy doing, including what you enjoyed doing when you were young. You know those activities that make you forget time and made you feel happy, contented, excited and 'in the zone.'

Do you remember times when you were totally lost in your own space, oblivious to hunger, comfort breaks and any problems or worries?

On the next page simply write down whatever pops into your mind no matter how silly it may seem to you right now. Don't overthink it or your egoic mind will jump in and give you all the reasons why you shouldn't write this or that.

For example: When I was a child I loved to make things. When I was making things out of cardboard tubes, shoe boxes and the foil tops from the milk bottles (*do you remember those!*), I felt happy. I had an inner sense of peace and joy. We didn't have lots of money to spend on craft things so I improvised using stuff I could find around the house. I didn't realise it then, but it was teaching me problem solving skills and to see possibility in everything. It's time for you to reflect.....

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GIFTS VS SKILLS AND GOOD VS JOY

CAPABILITY DOES NOT EQUAL ENJOYMENT!

There are many things you may be capable of doing, and even be really good at, yet do not enjoy.

For example, I'm capable of cleaning, but I don't always enjoy it. I'm good at bookkeeping, but it's not a passion of mine! These are skills I have learned over my lifetime, yet I would not describe them as natural gifts. Although they might be for someone else. It is important to notice if what you do on a daily, weekly or monthly basis makes you feel joy or frustration. If we're always doing things we don't enjoy life feels stressful, boring and dull, which can cause us to spiral into a negative place emotionally.

What's the difference between a skill and a gift?

We may have to learn a certain number of skills before we can access our gifts, even if it is as straightforward as learning to hold a pen, write and learn your alphabet. Personally I think an important key difference between a skill and a gift is 'love.' When you do something you are naturally gifted at it feels easy, satisfying, peaceful and takes you to a place we often refer to as 'the zone!' Yet you may have to learn a few skills in order to use your gifts effectively.

From the time we are born we are learning new skills. We learn to use a knife and fork, to tie our shoelaces, talk, read and write. We learn to tell the time, measure things and mow the lawn. If no one teaches us these things we may never know them, or we may discover them ourselves out of necessity or curiosity. We can become very good at any skill if we invest the time necessary to master it. But it doesn't mean these things are natural gifts.

A natural gift is something that lights you up when you do it. You feel enthusiastic about learning more and it feels almost effortless and can easily keep you glued to a book until the early hours of the morning. Or is that just me????



THERE ARE THINGS YOU DO SO NATURALLY YOU DON'T NOTICE THEIR VALUE.

Learning to read and write are skills. For some people they are useful, functional skills, while others literally LOVE to write! They were born to share their creative imagination through fiction stories, poetry, screen plays, factual information, news articles, blogs and more. They feel passionate about creating with words. For others reading and writing are a means to an end.

If you are gifted in story writing you will approach your pen and paper with a totally different frame of mind and energy than someone who doesn't enjoy it.

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WHAT MAKES YOU UNIQUE?

Even though you have a natural gift for something, you can still hone your skills and learn from others. Expanding your knowledge in your area of expertise should be a lifelong activity.

There are millions of writers, crafters, teachers, chefs, coaches, actors, or whatever it is you love doing, in the world. No matter what area of work or business you want to focus on, there are others already doing it! So why bother? How can you compete with all the people already established in the niche you love and enjoy? The answer is to understand that there is no such thing as competition! There is only creation and you are the best person there is to share your gifts.

Our mindset, beliefs and feelings determine our success. Over the next few months we'll explore these further and challenge your perceptions while you get creative.

What makes YOU Unique in this world? What makes YOU Different from everyone else?

At first I struggled to see what else I could do in life after 24+ years as a woodwind tutor. I believed I wasn't qualified to do anything else and a regular job held no interest for me at all. I could have thrown in the towel and not bothered to try, but then I asked myself an important question....'What do I REALLY LOVE?' And the answer was immediate...CRAFT!

Ok....well that's a starting point I guess, but now what? Think, think, think! What use was this information to me as I tried to move forward and create a new path in life after divorce and heartache? Often it takes a life crisis to make us stop and question whether we are really happy. Your Ego mind will throw every reason under the sun at you as to why changing your life is not a good idea. Know that it is only doing it's job of trying to protect you. It's ok. Thank it for looking out for you and carry on.

YEA BUT!!!!

So I knew I loved craft, but I also realised I needed to be more specific if I was going to make any progress.

I enjoy all sorts of crafts, yet I have a particular passion and gift for making things out of rubbish. Memories of my childhood came to mind. I remembered how peaceful it felt turning rubbish that had little or no value to anyone else into something beautiful. My heart was whispering I was on the right track!



But wait!!!!!! What???? How on earth do you create a living out of teaching people to paint toilet rolls??????

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Again my ego mind waded in with her hobnail boots and stamped all over my intuition! This was the most ridiculous idea ever Sandra! What do you think you are doing? You're crazy if you think teaching self development through recycling craft is even a 'thing!' Who would be interested? Go back to your woodwind teaching where you are safe!.....

These were the only things my Ego Mind could focus on and the trajectory didn't look good. In fact my Conscious Mind then leaped to the worse case scenario and saw me being laughed out of town! Who was I kidding?

It is at this point that you need to keep your Ego mind in check. The harder you try to ignore it, the louder it will shout. You have to acknowledge your Ego's fears and concerns and then reassure your Ego that you're ok, you've heard the concerns and you're doing it anyway.

DIVINE INSPIRATION OR JUST A GOOD IDEA?

So how do you know if your idea is ego driven or divinely inspired? Does it even matter?

My answer to this conundrum is, if an idea feels good to you, follow it. Sometimes you just know! There is not doubt in your mind, and you feel butterflies in your stomach. But if you're unsure maybe let the idea simmer away in your heart for a little while. If it is divinely inspired the circumstances and people will show up to lead you to the next step. It will attract more things to you that will confirm whether you're on the right track or not.

Good ideas can be logical and/or creative. The important thing is it came to you, so like a basketball player, it's up to you to run with it or pass it to someone else.

"All possession is the result of the accumulative attitude of mind, or the money consciousness; this is the magic wand which will enable you to receive the idea, and it will formulate plans for you to execute, and you will find as much pleasure in the execution as in the satisfaction of attainment and achievement." (Charles Haanel)

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PIECING IT OR PEACING IT TOGETHER?

When you're on the right path for you, you will feel peace in your heart. You may still feel nervous or apprehensive, I know I did. But the underlying feeling within is peace, joy and love. I felt excited about life again for the first time in ages.

I began to explore how combining my teaching (*through my life experience*) and passion for Self Development (*my new love*) through the medium of recycling craft (*my natural gift*). I came across a book while out shopping one day called 'The Seven Spiritual Laws of Success' by Deepak Chopra. I flicked through the pages and then put it back on the shelf and drove home.

My heart thumped loudly in my chest all the way home, "I should have got that book, I should have got that book, I should have got that book!"

The next morning I drove back to town and bought it and BOOM!!!!!! Inspiration flooded my mind. The words and ideas in the book fanned the flame within my imagination, and the basis of my first program was born.

I still had to piece it all together in a constructive and logical way, yet it felt like 'peacing' it together. No *that is not a typo!* I felt excited as everything began to take shape. As Charles Haanel says, I felt satisfaction in the attainment, execution and achievement.

NOW IT'S YOUR TURN!

Make a list on the following page of all the life skills, natural abilities, significant work and/or school experiences, talents and any other knowledge you have gained over your life.

Sometimes it can be hard to see our own strengths and gifts. So if you are unsure ask your family or friends what they most admire about you. What can you do that they wish they could do?

Remember to include skills such as driving, organisation, cooking, listening, leadership, computer knowledge or specific software you understand and use well.

You are braver than you think, stronger than you know and more capable than you realise.



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YOU WERE BORN TO STAND OUT

The secret to life is to understand yourself! The meaning of life is the meaning you give it. The combination of your life experiences, skills, talents, gifts, passions, knowledge and personality in a way that helps you, and serves others, is the key to your purpose and a happy, fulfilling life.

There may be a million other people with the same passions and skills as you, but they don't have your unique life experience and your personality. Life twists and turns in unexpected ways, yet, no matter what challenges or difficulties you have faced, you are here! You got through them. You coped. You are resourceful. You are creative. You are amazing. Well done you!

Children and young people today have the opportunity to develop their creative skills and imagination in a way that most adults to date have not had. The technological advances over the last 50 years have completely changed the way we work and live our lives. There is a future available to you that your great grandparents barely dreamed of.

The world is changing, and it is changing fast. Contrary to what you see on the News, the Consciousness of the human race is rising. It is through Self Awareness and understanding of how our thoughts and feelings create that we will change the world. I believe doing what you love is a key component to changing our world. Imagine a world where everyone did what they loved each day! What a happier world it would be.

*IT'S TIME TO STOP CONFORMING TO OTHER PEOPLE'S OPINIONS
AND*

LET YOUR UNIQUE GREATNESS SHINE!



Art and Craft are fun, powerful activities that teach us so much more than you realise. And when you are relaxed and having fun you are open to the whispering of your heart. We'll dig deeper into this idea over the coming weeks and months.

WHERE FOCUS GOES ENERGY FLOWS!

How you see yourself is vitally important because the world without is a reflection of the world within. In other words, your life experience is a direct reflection of what you think and feel on the inside.

Our human imagination is truly amazing! We all need to understand how incredible we really are and celebrate our uniqueness as individual humans beings and our connection as Spiritual Beings.

While our life paths may be different, we all are on the same collective path. To create a better world for all, we have to work on ourselves as individuals. Learn to love unconditionally, release whatever is holding us back and learn to be open and child like again through play, fun and laughter. And together we will affect the whole. I hope this topic has given you food for thought.

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PLAY TIME

In order to embed the over arching message of this topic it is important to engage both the left and right brain hemispheres. You probably already know that our brain is divided into two hemispheres and are joined together by a bundle of nerves known as the Corpus Callosum. In simple terms, the Corpus Callosum allows the two halves of our brain to communicate with each other.

Our left brain hemisphere deals with logic, language, numbers, lines and analysis. Our Right brain hemisphere deals with creativity, music, space, colours and intuition. For best learning it is important to stimulate both hemispheres.

Much of our educational system focuses on left brain learning and academia. This can become boring for young people and lead to poor attention and what teachers may perceive as disruptive behaviour because children lose focus and start to look for more exciting and fun things to do.

You know yourself if you have attended Professional Development Days, Staff Meetings, sitting at the same desk doing the same kind of work every day. You become bored, unfocused and fidgety. All humans learn better and retain information better through novelty, fun, play and a variety of learning styles.

IT'S TIME TO PLAY, HAVE FUN AND GET CREATIVE!



I invite you to make a fun, cute, colourful chameleon as a visual trigger to remind you that you have unique gifts to share and to let your gifts shine. If you already have skills in different crafts then please feel free to use your own imagination and create your own ideas. Maybe you want to paint a chameleon, create one from clay, crocheted one from wool or thread, make one with tiny seed beads or a mixed media image. It doesn't matter how you create, as long as it is meaningful, enjoyable and reminds you you are unique.

For those of you who are new to craft, or are feeling a little rusty and need something to get you started I have created a demonstration video to show you how to create the chameleon pictured here using recycling materials. No previous knowledge or experience is required. You can make it by yourself, with friends or do it with your children or grandchildren. Check out my next resource for this month.

The most important thing is to have fun, stimulate right brain learning and understand the visual importance of the project. So each time you look at it your brain will immediately recall what you have learned about yourself through this topic.



Hi There,

Use your creative time to relax and let your mind wander and allow ideas to flow to you. If you are with others, enjoy the ebb and flow of conversation as you chat about what you love doing and how your skills and knowledge can facilitate your dreams.

If this topic has brought up anything that you would like to discuss personally please email me at sandra@sandraowen.com to arrange a chat.

The topics and creative projects are designed to challenge preconceived ideas and help you to have fun.

All ebooks and creative teaching materials are for personal use only. If you wish to use any of these resources for teaching in schools or your own workshops please email me to discuss. Thank you.

With Best Wishes,

Sandra xxx