Shameless Creative Ideas

I am writing a book that helps creative people enjoy the creative journey because I’m tired of the belief that creative people must suffer for their art.

My counter intuitive belief is that you can be creatively successful while also being emotionally healthy and happy.

You don’t have to suffer for your art. You don’t have to have to be an addict to alcohol, drugs, or unhappiness. You can actually enjoy the process from start to finish, from obscurity to fame, from nothing to success.

## Theme

Creativity triumphs when you struggle through not just the creative process, but the emotional process to a healthy relationship with yourself and your art.

## 5 Parts

* **Beginning** - The shame is found in the fear that your work is not good enough and that you are not working. The goal is to create healthy habits and systems for consistently getting your work done. It’s about quantity as much, if not more, than quality.
* **Transition** - The shame is found in rejection. Nobody cares about your work. The goal here is to keep putting work out into the world until it catches traction.
* **Early Success** - The shame is found in not having reached the pinnacle. It’s mostly comparison with both other people and your own internal goals. The goal here is to learn to enjoy early successes, otherwise you will never be able to enjoy big successes. Also, stop the comparison game.
* **Pinnacle** - The shame is found in realizing reaching your dreams doesn’t make you happy. It isn’t the end you thought it would be. The goal is to transition from a goal driven creativity to a process driven creativity. Where you are creating merely to create, not to reach anywhere new.
* **Life** - This is where the fear and shame don’t exist anymore. You have happiness and contentment with your work while having no expectations for what you will produce or what gain you will get.

The ironic Ending Payoff is that you will have all of those things that you always wanted but none of it will matter anymore because you realize the truth that you don’t need them to be happy and content.