

# CREATOR claims personal power to manifest a desired outcome

When Victims take responsibility they become Creators, empowered to bring forth the life that they want. A Creator is vision-focused and passion-motivated. Creators get curious as they take responsibility for everything that happens in their life. Creator is the foundation of all three roles (Coach, Challenger, Creator) because they are all committed to personal empowerment and taking 100% responsibility.

## SEEKS OUT ...

- Curiosity/Learning
- Possibilities
- Self-empowerment
- Vision/Passion
- Relationships with other Creators (Co-creators)
- Fun and play

## TO MASTER THE ROLE OF CREATOR, YOU MUST ...

- Commit passionately to your vision
- Use your energy for creativity instead of drama
- Be willing to release your attachments
- Be willing to move forward in the face of fear and anxiety
- Consciously choose where you place attention
- Invite others to create with you
- Engage with life in a spirit of ease and playfulness

## CREATOR VS. VICTIM

CREATORS	VICTIMS
see themselves as powerful	see themselves as powerless
focus on possibility	focus on scarcity
allow all their emotions to move through them	resist their emotions and remain at the effect of them
focus on what they want	focus on what they don't want
question their beliefs	defend their beliefs
create from passion	do what they "should"
see multiple options	don't see choices
are comfortable with the unknown	limit themselves to what they know
see others as equals and allies	see themselves as less than others

**THE KEY CHALLENGE OF THE CREATOR** is to welcome feelings of fear rather than resist them. When resisted, fear creates a Victim.

## FEAR-RESISTING STRATEGIES THAT DEEPEN VICTIMHOOD:

Fight/Flight/Freeze/Faint	Checking out
Holding breath and body position	Dismissing, overriding, or editing authentic wants and expressions
Justifying (not questioning) beliefs	Holding tightly to the illusion of control
Avoiding uncomfortable sensations	Ignoring boundaries
Maintaining addictive behaviors	

## The Master Skill of the Creator: Presencing Authentic Fear

Fear is just energy – an essential ingredient in the creative process. Fear lets you know you are moving into new and unfamiliar territory. It creates a heightened awareness to what is really needed. Below are some tools available to allow, accept and welcome this catalytic energy.

- Describe in detail the sensations of fear you experience in your body (pay particular attention to your abdomen).
- Make a sound (without words) that expresses how scared you feel.
- Allow yourself to shake in a way that matches your experience of fear.
- Repeat out loud, three times, “I feel scared when I think about \_\_\_\_\_.”
- Take 100% responsibility for your experience by saying out loud: “I’m scaring myself.”
- Ask yourself, “Could I allow this fear to be here, just for now, as best I can?”
- Breathe deeply into your belly while gently moving your spine.

### QUESTIONS TO ENHANCE CREATOR POWER:

Am I willing to take 100% responsibility for this issue?

What do I really want?

If there were no obstacles, what would I be doing with my creative energy?

Am I willing to learn whatever it is I most need to learn about this issue?

Am I willing to see all others involved as my allies?

Am I willing to see myself as empowered in this situation?

How can I play with this issue?

Where and when do I feel most alive?

What am I distracting myself from doing or knowing?

Am I willing to be as magnificent as I am?

### 100% Responsibility Process

Creators use this process to shift from fear to trust by claiming their unconscious commitments and creative power.

1. Identify an issue/complaint about anything going on in your life. State the complaint in “unenlightened” terms. Be dramatic. Ham it up. Blame overtly.
2. Step into 100% responsibility. Physically find a place in the room that represents your commitment to being 100% responsible for the situation.
3. Gain insight by completing these statements, repeating each of them several times, until you have what feels like a breakthrough:
  - From the past this reminds me of ...
  - I keep this situation going by ...
  - What I get from keeping this situation going is ...
  - The lifelong pattern I’m noticing is ...
  - I can demonstrate 100% responsibility concerning this issue by ...
4. If during Step 3, you do not experience a shift, go back to Step 1 and repeat the process.