



THE
SEEDPOP
NAVIGATOR

9 ESSENTIAL HABITS

MOVE PAST FEAR AND
STUCKNESS, BECOME
WILDLY CREATIVE,
UNVEIL YOUR ONE-OF-
A-KIND BRILLIANCE,
SOLVE BIG PROBLEMS,
PERSIST THROUGH THE
HARD STUFF, FLOURISH
IN YOUR WORK AND
LIFE, HAVE FUN,
MAKE THINGS HAPPEN,
MAKE YOUR HEART
SING



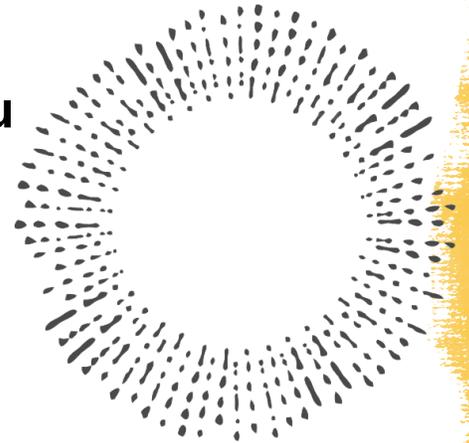
Yeah! You've made the big leap
toward your wildy creative life.

You are about to delve into the secret sauce
of how all those other creative geniuses do it.

They have built such strong habits, they aren't even aware of
them. You will build those habits too!
You are about to join the elite geniuses of creativity.

**“As strange as it sounds, creativity can
become a habit. Making it one helps you
become more productive.”**

Jonathan Plucker, Ph.D.,
creativity researcher & psychology professor
Indiana University



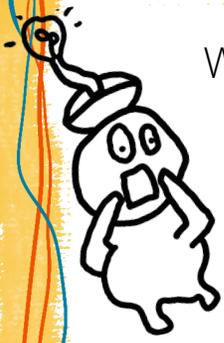
It's time to start believing you have everything within you
to be the artist, innovator, and all-around creative
you are meant to be.

Be advised, though. Creativity isn't linear. It curves and loops
around. It wanders about.

You are embarking on an adventure that will go deeper into the
genius in you.

You'll become a different person.
You'll find out whom you were meant to be.
You'll shine brilliantly to others.
You'll be more fulfilled than you ever thought possible.





When you learn and practice these scientifically proven habits,
they will illuminate and focus your attention.

You will start to notice patterns.

Things that were confusing begin to make sense.

You will have that “Ah Ha!” (seedbop) moment.

You can find a creative process that works for you and
do/make/innovate something wonderful.

At the least, you’ll change your life,
and you just might change the world.

You, change the world? Yes. How?

By doing exactly what your gut tells you.

What your heart says is right.

Ignore what others think.

Stop thinking about what will sell, and what others want.

When you truly follow your passion without thinking about what culture
and society want, just because it’s in you and you let it out,
you’ve made your stake in the world.

The one you were created to make.

Doing the things no one else is doing as you do it.

And the world notices.

**“The secret to life is to put yourself in the right lighting. For some, it's a
Broadway spotlight; for others, a lamplit desk.**

**Use your natural powers -- of persistence, concentration, and insight -- to
do work you love and work that matters.**

Solve problems, make art, think deeply.”

— Susan Cain, *Quiet: The Power of Introverts in a World That Can't Stop Talking*

Cast expectations and fears aside. Just do it!

••seedbop.com **3**





**"PRACTICE ISN'T THE THING YOU DO ONCE YOU'RE GOOD.
IT'S THE THING YOU DO THAT MAKES YOU GOOD."**

— MALCOLM GLADWELL, OUTLIERS: THE STORY OF SUCCESS

1. GET CLEAR ABOUT THE THING YOU WANT NOW.
WHAT DOES YOUR GUT TELL YOU?
WHAT MAKES YOUR HEART SING?
2. ASK YOUR BRAIN AND YOUR HEART WHAT MIGHT WORK?
WRITE DOWN (OR DRAW) EVERYTHING THAT COMES UP.
3. STOP THINKING. RETREAT. SIT WITH THINGS FOR A WHILE WITHOUT TRYING
TO SOLVE ANYTHING. LET YOUR RIGHT BRAIN DO ITS WORK. COMPLICATED
FEELINGS WILL COME UP.
PRACTICE SELF-COMPASSION WITH EVERY STEP
4. THE FLOW OF SEEDBOPS IS EMERGING.
START WITH EVALUATING WHAT YOU LIKE.
WHAT COULD WORK? WHAT MIGHT GET YOU WHERE YOU WANT TO GO? WHAT
MAKES YOUR HEART SING?
5. GET CURIOUS: WANDER ABOUT IN A WORLD YOU DON'T KNOW.
LOOK AT THINGS LIKE YOU ARE SEEING THEM FOR THE FIRST TIME. TALK TO
PEOPLE YOU DON'T KNOW. ASK QUESTIONS.
USE YOUR BEGINNER'S MIND.
6. TAKE YOURSELF SERIOUSLY. BELIEVE IN YOURSELF.
EXPLORE OTHER IDEAS SIMILAR TO YOURS. RESEARCH.
STASH MATERIALS. LEARN NEW SKILLS. NOURISH YOUR EXPERTISE. NEW
SEEDBOPS WILL BREAK THROUGH.
PAY ATTENTION. HONE YOUR IDEAS.
7. HERE IS WHERE THE REAL WORK STARTS. PICK THE MOST EXCITING
SEEDBOP. LISTEN TO YOUR HEART AND GUT. APPROACH THIS IDEA IN AS
MANY WAYS AS YOU CAN. PLAY WITH SOLUTIONS. NO JUDGMENT.
8. NOW BEGIN. IT'S TIME TO MAKE THINGS REAL.
PERSIST THROUGH UNCERTAINTY, CONFUSION, AND OVERWHELM.
IT TAKES AS MUCH TIME AS IT TAKES. DON'T GIVE UP. EMBRACE FLEXIBILITY
AND ADAPTATION AND KEEP TRYING NEW THINGS.
9. KEEP WORKING UNTIL THE RIGHT THING, REVEALS ITSELF.
TRUST THAT YOU'LL KNOW IN YOUR GUT WHEN YOU'VE ARRIVED.
THEN WORK TO BRING YOUR BRILLIANT SOLUTION
INTO EXISTENCE. MAKE IT REAL!
SHARE IT WITH OTHERS, YOU'LL CHANGE THEIR WORLD.



1. GET CLEAR ABOUT THE THING YOU WANT. WHAT DOES YOUR GUT TELL YOU? WHAT MAKES YOUR HEART SING?

I call that thing a longing. You may call it a goal or objective, or strategy.
But that's head talk. What does your heart want?

Examples:

- Get an original idea for your artwork (be it writing, visual art, etc...)
- Come up with a fantastic solution for a problem at work, one that fits the bill and launches you into the limelight
- Figure out what you want to do next (something many people are doing now that we figured out a 9-5 job isn't really all it's cracked up to be)



***"Alice: Would you tell me, please, which way I ought to go from here?
The Cheshire Cat: That depends a good deal on where you want to get to.***

Alice: I don't much care where.

The Cheshire Cat: Then it doesn't much matter which way you go.

Alice: ...So long as I get somewhere.

The Cheshire Cat: Oh, you're sure to do that if only you walk long enough."

— Lewis Carroll, Alice in Wonderland

Ask your brain and your heart what might work.

As you do this, be aware of how you fall back on ideas and solutions that worked in the past.

That's fine; you can build on those.

But you are aiming for something even more exciting this time.

"Success is dangerous.

One begins to copy oneself, and to copy oneself is more dangerous than copying others. It leads to sterility."

— Picasso

This exercise is not the destination; it's the starting line in the run toward creative magic. You are stirring up all those things in your mind and heart and getting them down on paper.

The chemistry of this exercise sets the stage for the rest of the journey.

It's not the endpoint.

2. ASK YOUR BRAIN, YOUR HEART, WHAT MIGHT WORK? WRITE DOWN (OR DRAW) EVERYTHING THAT COMES UP.

*When you write things down, be free. Dismiss judgment.
Dismiss any attempt from your inner critic to shame, vilify, or poo-poo
what comes up for you.
Write everything down. Or draw. Just keep putting things down on paper.*

**You do not need to know precisely what is happening,
or exactly where it is all going.
What you need is to recognize the possibilities and challenges
offered by the present moment,
and to embrace them with courage, faith, and hope."**

— Thomas Merton



It's so easy to say, "Well, that's a stupid idea. Ridiculous! What was I thinking?" Society, our family, our friends, and our culture may be influencing you to put the kibosh on your wild and creative mind.

Tell those voices no.

You need to believe that what you want, what you think, and what pops into your mind is important and deserves notice. Later, you may realize it's not what you want to do, or revise it quite a bit. But we're not at that step yet.

"What are you going to do? Everything is my guess. It will be a little messy but embrace the mess. It will be complicated, but rejoice in the complications."

— Nora Ephron

I like to call this messy vitality. Deep creativity is not precise and clean. It does not arrive in a beautiful box all wrapped up and tight. It is wild, unexpected, unusual.

Respect your inspiration. Don't even think about trying to be someone else.

"If you aim to be something you are not, you will always fail. Aim to be you. Aim to look and act and think like you. Aim to be the truest version of you.

Embrace that you-ness. Endorse it. Love it. Work hard at it.

And don't give a second thought when people mock it or ridicule it.

Most gossip is envy in disguise."

— Matt Haig (The Midnight Library)

**3. STOP THINKING. RETREAT.
SIT WITH THINGS FOR A WHILE
WITHOUT TRYING TO SOLVE ANYTHING.
LET YOUR RIGHT BRAIN DO ITS WORK.
DIFFICULT FEELINGS WILL COME UP.
PRACTICE SELF-COMPASSION.**

I'm spending a lot of time on this section because it is the foundation of my creative life.
Might be yours too.

**"In order to understand the world, one has to turn away from it on occasion."
— Albert Camus, *The Myth of Sisyphus and Other Essays***

- Take a walk, meditate or pray. Set aside at least a few hours for this process.
- If you are new to retreat, you may need to repeat it a few times.
- The more you practice, the more fruitful retreat becomes.
- Make meditation, contemplative prayer, or walking a regular process for blooming creativity.
- You can start with even five minutes a day.

If you are a person of faith, praying contemplatively means posing your problem to your higher power and waiting for an answer (as long as it takes) without impatience, force, or other impeding thoughts or feelings.

*Tip: You can explore which form of retreat works best for you.
You may have to move your body, so a walk or a hike in nature.*

*Tip: You may need a change in scenery.
Try going to a park or other natural area to sit.*

**"Nowhere can man find a quieter or more untroubled retreat
than in his own soul."**

— Marcus Aurelius, *Meditations*

Don't try to think it through or force an answer.

*Tip: Let go of your need for certainty, control, and expected outcomes.
Those needs stifle creativity big time. Letting go of these 'needs' is a life long practice. I know I'm in the
creativity-stifling moment when I feel urgency or drama over the problem I'm trying to solve.*

ON SELF COMPASSION...

You may find negative self-judgment, fear, anxiety, and frustration bubbling up during your retreat.

A dedicated commitment to self-compassion will help you move through all the creative practices with more ease and less baggage.

Wisdom experts like Pema Chodron, Tara Brach, and Kristen Neff tell us that resisting difficult emotions by feeling ashamed of them, trying to stop them, telling ourselves there is something wrong with us if we have them and if we were just better people, we could get rid of them will only increase the pain. The key is to embrace them.

Sit with the feeling that you have about the problem.
It might be frustration or hopelessness in your ability to achieve such a goal.
Go deep into that feeling.

*Tip: When I practice this, the feeling originates in some part of my body
– usually my gut, stomach, or heart.*

Move your focus to that place in your body and feel as deeply as you can.

Difficult emotions and negative self-judgments will come up. They are creativity stifiers. The paradox is that if we try and rid ourselves of these, they magnify. Practice welcoming them. View them as your friends.

Self-compassion is not easy for me. I have to practice remembering to do it and working with it. Here is what it looks like for me:

- Send the feeling of friendliness, gentleness, love, and compassion to the place in your body where the uncomfortable feeling or negative judgment is showing up.
- Wrap imaginary warm arms around the places in your body where the pain was most acute and say – 'welcome, friend, this is hard; I won't abandon you. You are safe here, and take as long as you need to heal.'
- Continue to make time to sit with the pain and fear, and tell yourself, 'I will be with whatever I am going through with friendliness, gentleness, and compassion, and I'll let joy sneak in when it wants to.'

Practicing self-compassion has allowed my creativity, and energy to flow to the places where I'm most stuck. The irony is that moving directly into and through the pain leads you to the joy, awe, and creative energy you might have felt deserted you.

When you stop resisting, it lightens up and stands aside.

If you have intense, troubling feelings that frighten and overwhelm you and have little experience going deep and peeking in, please find a therapist you connect with who will accompany you on that journey.

4. THE FLOW OF SEEDBOPS IS EMERGING. START EVALUATING WHAT YOU LIKE. WHAT COULD WORK? WHAT DO YOU FIND INTERESTING? WHAT MAKES YOUR HEART SING?

You know, something great just popped into your brain.

Acknowledge it and write it down!

Tip: When they come to me while I'm driving, I keep my iPhone notes open and dictate.

Seedbops are fleeting, capture them, plant them, then fertilize them.

Seedbops arrive unexpectedly.
They are sudden insights, creative blasts, and sparks of innovation.

You won't know the source or cause of the seedbop.

They are mysterious, and when they arrive, you have a sense of knowing this is it.
You are on to something,

The Voice

***There is a voice inside of you
That whispers all day long,
"I feel this is right for me,
I know that this is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you--just listen to
The voice that speaks inside."
— Shel Silverstein***

Seedbops are often ready to enter at that point where we feel uncertain, hopeless, and even when we are sure a problem, insight, or idea is beyond our ability to manifest.
If we remain open and listen, it will come.

Trusting in ourselves, even though we can think of no good reason to, is a practice.

"Life is either a daring adventure or nothing. Security is mostly a superstition. It does not exist in nature." - Helen Keller

"May my mind come alive today... to break the dead shell of yesterdays, to risk being disturbed and changed." - John O'Donohue

**5. GET CURIOUS:
WANDER ABOUT IN A WORLD YOU DON'T KNOW.
LOOK AT THINGS LIKE YOU ARE SEEING THEM FOR THE FIRST TIME.
TALK TO PEOPLE YOU DON'T KNOW.
ASK QUESTIONS.
USE YOUR BEGINNER'S MIND.**

You don't have to travel a long way.

While going to Italy may knock your socks off,
you can visit ordinary places nearby and get the same effect.

The key is that it should be a place you've never been to. This may be a store you would never visit because you haven't needed anything they sell, a new art exhibit at the local gallery, an unexplored hiking trail, taking dancing lessons for the first time, or attending an event that you wouldn't have considered going to.

The purpose is to prime your brain to start firing with new information.

When we confine ourselves to what we know,
we don't work so hard to see things we are used to seeing.

When we mix it up and try new things that we don't know – our brain finds new ways to connect the dots between what we already know.

It adds in this new thing we are doing or looking at, and seedbops form.

“Knowledge can be a subtle curse. When we learn about the world, we also learn all the reasons why the world cannot be changed. We get used to our failures and imperfections. We become numb to the possibilities of something new. The only way to remain creative over time – to not be undone by our expertise – is to experiment with ignorance and to stare at things we don't fully understand.”

- Jonah Lehrer, Imagine: How Creativity Works

Name at least five things you can do to shake things up:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

**6. TAKE YOURSELF SERIOUSLY.
BELIEVE IN YOURSELF.
EXPLORE OTHER IDEAS SIMILAR TO YOURS.
RESEARCH. STASH MATERIALS.
LEARN NEW SKILLS. NOURISH YOUR EXPERTISE.
NEW SEEDBOPS WILL BREAK THROUGH.
PAY ATTENTION. HONE YOUR IDEAS.**

On Research:

- Go to an old-fashioned library and see what they have to spark your interest.
- Google the words that relate to what you want to do. Articles will come up – some good, some bad. Save the good ones for later.

Stash materials:

When I get an idea for some new creation, I want the materials to make it close at hand.
So I collect things that tell me I'll use them sometime.

This is where the process may lead to hoarding.

My studio is filled with every color of wool roving, oil paint, pastels, and watercolors.

I have brushes, panels, and canvases.

Fabric, threads, tools, bottle caps, kipper tins, dyes, pigments, mediums.

My office has books – coffee table-sized image books on fiber art, fashion, jellyfish, museum exhibits, inspiring artists and architects, spaceships and aliens, and outsider art.

I have books on creativity, theology, philosophy, innovation, nonviolence, spirituality, and chaplaincy. How-to books for a wide variety of skills – puppet making, paper mache, carpentry.

I also keep the fiction books I love most for writing inspiration.

I chose the books and materials that feed my passion, and my stash has been built over decades of collecting.

You can combine finding great stuff with wandering. Inspiration comes in many forms. Capture it and keep it for later. It will help spark seedbops and be there when you are ready to create.

PS – This doesn't have to be expensive.

Buying 'new to you' on eBay, Facebook marketplace, thrift stores, and garage sales can be even more creatively fulfilling than shopping for new things.

Some of my best stuff came from friends who heard about some creative pursuit and gave me what they had been saving but would never use.

Garage sales are a great place to find the unexpected.

**7. HERE IS WHERE THE REAL WORK STARTS.
PICK THE MOST EXCITING SEEDBOP.
LISTEN TO YOUR HEART AND GUT.
WHAT MIGHT GET YOU WHERE YOU WANT TO GO?
APPROACH THIS IDEA IN AS MANY WAYS AS YOU CAN.
PLAY WITH SOLUTIONS. NO JUDGMENT.**

Take that idea (you've written it down, right?) and make it workable.

Fertilize the field and cultivate that precious seedbop.

"A good idea is one that turns you on rather than shuts you off.

It keeps generating more ideas, and they improve on one another.

A bad idea closes doors instead of opening them. It's confining and restrictive.

The line between good and bad ideas is very thin.

A bad idea in the hands of the right person can easily be tweaked into a good idea."

- Twyla Tharp

Keep your ideas and inspirations safe.

Seedbops are fleeting.

If you don't save them, they think you aren't interested and leave.

Twyla Tharp, the wildly creative choreographer, keeps all her ideas in cardboard file boxes – one box for each idea.

Maurice Sendak, the late author of "Where the Wild Things Are," kept drawers, one for each idea.

Some people keep notebooks or scrapbooks. Save images, research, post-it notes, tchotchkes, found objects – anything that inspires you. That way – when you are ready to move on to the work (begin) stage, you can pull out all your inspirations and have them at the ready to start working on bringing the seedbop forth.

Learn New Skills:

Skill building is similar to stocking materials and keeping them close at hand. Learning new skills gives you the tools to take that seedbop and start creating something.

Learn new skills – mostly in your field of interest
but also those far afield from what you are focusing on.
They will add spice to the mix!

What materials, tools, books, etc., would support your creative quest?

1. _____
2. _____
3. _____
4. _____
5. _____

What new skills pique your curiosity and interest?

1. _____
2. _____
3. _____
4. _____
5. _____

8. NOW BEGIN.

**IT'S TIME TO MAKE THINGS REAL.
PERSIST THROUGH UNCERTAINTY,
CONFUSION, AND OVERWHELM.
IT TAKES AS MUCH TIME AS IT TAKES.
DON'T GIVE UP. EMBRACE FLEXIBILITY,
ADAPT, AND KEEP TRYING NEW THINGS.**

It's time to make things real.

Persist through uncertainty, confusion, and overwhelm.

Those are just feelings the brain makes when shifting back and forth, figuring out how to make your dreams come true.

It takes as much time as it takes. Don't give up.

Embrace flexibility and adaptation and keep trying new things.

The secret of creative geniuses is that they keep at it until something wonderful occurs.

Lastly, take time to put that seedbop into action.

If it's art, take small steps, preferably every day, but at least once a week, to start making it. You probably don't have the time. You have to make it. Sometimes I play games with myself and say I'll do this for 15 minutes.

Once I start, I find a way to make more time and keep going.

What steps do you need to take to bring your idea into reality?

1. _____
2. _____
3. _____
4. _____
5. _____

**9. TRUST THAT YOU'LL KNOW
IN YOUR GUT WHEN YOU'VE ARRIVED.
WORK TO BRING YOUR BRILLIANT SOLUTION
INTO EXISTENCE. MAKE IT REAL!
SHARE IT WITH OTHERS.
YOU'LL CHANGE THEIR WORLD.**

Make a plan to start with one idea and take action.
Do things that stretch you. Do things even if you don't think you have the talent or ability. Do it even though you aren't sure you can.

That's the edge you want to push to become more creative.
You'll learn new things along the way.

"Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do.

**So throw off the bowlines. Sail away from the safe harbor.
Catch the trade winds in your sails. Explore. Dream. Discover."**

— H. Jackson Brown Jr., P.S. I Love You

Take small steps, preferably every day, but at least once a week.
Take your seedbop from vision to action.

You probably don't have the time. You have to make it.
Sometimes I play games with myself and say I'll do this for 15 minutes.
Once I start, I find a way to make more time and keep going.

What are small steps you can start with?

1. _____
2. _____
3. _____
4. _____
5. _____

What will you do this month to make that happen?

1. _____
2. _____
3. _____
4. _____
5. _____

What will you do this week to make that happen?

1. _____
2. _____
3. _____
4. _____
5. _____

And what else?

1. _____
2. _____
3. _____
4. _____
5. _____

YOU'RE ON YOUR WAY!

IGNITE YOUR

CREATIVE
SPARK!



I would love to hear from you!

Was this helpful?

What are you struggling with?

Let's talk.

Email me at

leslie@seedbop.com



seedbop.com

Let me support you on your journey. When I work with you, I don't find one great idea or solve a problem for you; I help you build the skills and approaches I've learned to capture those genius ideas and solutions for every endeavor and situation. Here are specific skills we might work on (always in a way that feels right for you):

- Identify and explore your inner mental blocks all the way down to the root, and shift how you value your experience and find compassion for yourself
- Explore and identify practices and approaches that help fuel your creativity
- Build confidence in your creative genius and your path (process) toward those seedbop moments – great ideas, innovations, and solutions to problems.
- Move you from fear to trust that you will arrive at something extraordinary as you navigate the creative journey.
- Move you toward a life where you create what you want and live the way you want to.
- Create positive change in all areas of your life – trust me on this one, as you make these shifts, it's positively infectious to more than just what you thought you were working on.

We are all on this planet to share our own unique brilliance with others. You have an obligation to get past what's holding you back, find your exceptional gifts, and unleash your irreplaceable talents and perspectives to serve and encourage others. You make a better world by exercising your passions and letting your soul sing.

Let's have a conversation – let's see where your journey and inner wisdom take you. I don't have your ideas and answers. You do. I can help you find them by listening deep into your dreams and the barriers you face. I will reflect back to you what I see in your heart - the spots where you doubt and have lost courage, the overwhelm of facing something you don't know how to tackle, the wisdom you already have that you might not recognize yet. I can ask you good questions that will let you see that you have it in you already.

Together we can map out a plan to achieve what might seem beyond your reach. And I can talk with you about skills and tactics that feel right for you and can ease the path you want to take.

Send me a message on seedbop.com and we'll set a time for your free consultation.

Let the seedbops begin!

For more information visit seedbop.com