

Let The Creative Force Well Up — November 17th 2017

Gail : Hi, it's Gail Mercer-MacKay here, founder of the 6-Figure Freelance Writer and Mercer-MacKay Digital Storytelling. And this week I'm really pretty excited because tomorrow I'm leaving for a bucket list dream trip. I'm heading to Thailand for three weeks. I'm going to be off the grid for three weeks, I'm going to be paddling down a river and sitting with some Buddhist monks and chanting and meditating. I'm going to be at Thai cooking school. I'm going to a spa a couple of times. I'm actually going to live with elephants for two days and wash them and feed them. And I'm going to finish up my trip by scuba diving. I've got three scuba dives booked.

So what's the message this week? The message is that you have to go back to the well sometimes. You've gotta go, you've gotta take some complete breaks from your day-to-day existence. Because the creative force comes from a still mind, it comes from a quiet mind, and we get so busy, we get so caught up in deadlines and delivery and trying to make sure that we're meeting all of our commitments and getting everything done. And it's good to just take time to go away and let your mind rejuvenate. Let your body rejuvenate and your mind rejuvenate and it will help your business and your practice. I also encourage you to journal everyday if you are going on vacation. I am going to be journaling or intend to journal everyday. And I will share that with you when I come back. But take time for yourself. Make sure that you block that out. Make sure you've got some good time for yourself, for rejuvenation, going back to the well. Feeding that creative soul, that creative spirit.

Until next week ... Oh I guess it's not til next week. Actually it's in three weeks, although I will pre-make some videos for you. I don't know what they are yet, I'll have to do those later today. But until next week I'm Gail Mercer-MacKay. Believe, be brave and go write!