

Get Creative NOW! Coaching Script



Get Creative NOW! Audio and Script

Instructions: This is an exercise to get you into a creative mindset very quickly. Use this process when you want to brain storm new ideas or need a creative solution to a problem. First read the exercise as it is outlined step by step here. Then you can either listen to the audio or you can follow the written instructions. Either way, set aside some alone time, get quiet and comfortable - - and start creating! Have paper and pencil handy to capture your ideas.

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You CAN turn on your creativity at will, simply by applying what we know from doctors, researchers, and biofeedback specialists. When the human brain is operating between 8-12 Hz, it is in the Alpha wave range. This frequency range is also called Berger's waves for the founder of the EEG.

In this frequency, your brain is at it's best for solving problems and improving creativity. It promotes mental resourcefulness, and is associated with being very relaxed and calm and pleasant and yet alert. It's the halfway point between total consciousness and sleep.

Wouldn't it be great to be able to deliberately and purposefully put yourself into this mindset when you need a creative solution to a problem or to brain storm new concepts or products?

Here is a wonderful exercise to get your brain in that wave range. All you need is

- a quiet environment (or a headset to block outside noise),
- be in a comfortable position (not while driving!),
- just disregard any interruptions keeping your mind focused on this process
- and finally, these instructions below. You will be making use of total focus on your sensory awareness to lull your brain into the alpha state. You will systemically step through using all of your senses.

Now just go through the following steps. Every time you change focus on a different sensory system, your brain waves will spike in the alpha range.

1. **Visual Sense:** Sit in a comfortable position and just look at what you are seeing as if for the first time. Just notice all of the details, the colors, brightness, textures, the clarity and the sizes of what you are seeing.
2. **Auditory Sense:** Now, while still looking at what's in front of you, notice the sounds in the room. Listen, you may even be hearing the sounds of silence. All of the sounds are incredibly interesting. You are still aware of what you are seeing, and now you have added the quite interest in sounds.
3. **Body Sensations or feelings:** Now, slowly allow your attention to shift to the sensations in your body. Notice the way that your clothes feel on your skin, your arms at your sides, and the weight of your body on your butt and thighs. Feel your breath going through your nose and into your lungs. Scan your body from top to bottom and just notice any sensations.

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4. **Smelling and Tasting:** Now bring the smells in the room to your attention and just notice the variety of smells. And now notice any tastes that you have in your mouth and on your tongue.
5. **Sense of Time:** Notice your awareness of time. Be totally in the present, aware of time moment by moment. You are aware that there is a past and that there is a future, but you are happy to be right here in the now and that is where your attention is focused. Notice your presence in the room now.
6. **Sense of Balance:** There is a little known literal sixth sense, and that is your vestibular sense or your sense of balance. This system is located in your inner ear and sends signals to the neural structures that control your eye movements and the muscles that automatically keep you upright. This is your sense of where your body is in relation to the ground to help control your posture. Just notice that now, where you are in relation to the rest of the room, the floor, the ceiling and all the empty spaces around you.
7. **Awareness of Thinking:** Become aware of your thinking now. Notice your self talk. Notice how your mind generates thinking. It's that thinking that pulls you away from experiencing now more often. Now, imagine putting all of your thinking into a round sphere and visualize it in front of you. Look at it, listen to it, feel it. Now, put it back in your head.
8. **Self Awareness:** Now notice your sense of self, of who you are. Find where that sense of you resides in your body. Most people visualize it in their heart, mind or solar plexus. It's the place where your sense of who you really are is located. Notice all of the details that make you uniquely you. All your ambitions, hopes, dreams, likes, dislikes, fears, and guilt's. Now move that out from your body in to a sphere in front of you for a few moments and notice it, love it, feel compassion for it. Then return it within you.

Now, cycle through the steps again or at least the first four. The entire process should only take a few minutes, and you can do it virtually anytime, anywhere.

Now mentally address the area that you want to be creative about. Be appreciative of how beautiful your brain is and how it is there to work for you easily and naturally.

Even if you don't have a particular issue right now, it's still a good idea to make this exercise a daily part of your life for a few weeks until you can do it any time you want. You may want to attach it to something else, like getting up in the morning. Do it after you wake up, but before you climb out from under the covers. If you practice a daily

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meditation, you may want to do it in conjunction with that. Or it may be a great part of your cool down after exercise.

This exercise works because it purposefully spikes the alpha-wave brain activity allowing you to experience a peak state whenever you want.

Enjoy your success, you deserve it. I have used this process myself to enrich my life.

My best to you!



Chief Coach
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PS A tremendous added benefit of this sensory shifting exercise is that is particularly helpful for people that tend to have a difficult time focusing their attention, or ADHD. This exercise is an adaptation of a process that Thom Hartmann, a leader in the field of attention deficit disorder uses. He adapted his exercise from one that Dr. Les Fehmi, an expert on neurofeedback also uses with ADHD children. I come from a family of awesome ADHD'ers. My son got wonderful benefits from this exercise. I love the exercise because it just makes me feel so good and creative!

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