



FREE GUIDE



The 5-Minute Creative Reactivation Formula.

A small shift to begin again.



*Pause. Reflect. Reconnect.
A gentle worksheet for the days
your creativity has gone quiet.*

A SMALL GUIDE BY · MARIA-KATHARINA RICHTERS

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Creativity doesn't really disappear.

Sometimes it just becomes quieter, or dormant.

You're still creative. You are still an artist.

Your mind is repeating:

- the same thoughts,
- the same routines,
- the same expectations.

And often those are staying within a safe, known loop.

Creativity needs something different. Not more effort. Just a shift.

THE MISCONCEPTION

Most people wait to feel inspired before they create. But creativity often works the other way around.

You create a small shift first. Then inspiration follows.

LETTING GO

Sometimes the biggest shift is letting go of the thought you're already holding onto.

For example: letting go of the repeating internal narrative of:

"I'm stuck." · "I don't have time." · "I don't feel inspired."

When you release that thought, even briefly, space appears. And in that space, something new can emerge.

Before moving forward, pause for a moment and reflect.

Six gentle questions.

Write directly on the page. Be more honest than you are used to.

If you called your best friend or a family member in one year's time, what would be the most exciting news you would love to tell them? (Try to answer from your heart, not your head.)

If you had complete freedom in how to live your life, without any limits on your choices, how would that look exactly?

If you had one wish, what wish would come from your heart and soul, independent of what other people think?

What thoughts are you repeating most to yourself? Write at least three of the most thought-about thoughts.

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Next to these three thoughts, write a number between 1 and 10 of how true that thought actually is to you. 1 = not at all. 10 = 100% true.

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Now, of those three thoughts, how useful is each one to you? 1 = not at all. 10 = super useful.

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Five more useful thoughts.

Awareness creates choice. Choice is where reactivation begins.

List five thoughts that would be more useful to you in creating what you actually want.

This exercise is about pausing and bringing awareness into your automatism. When you become aware, you create choice and can choose to let go of these thoughts quicker than otherwise, and create the space from which truth can emerge.

A NOTE ON HONESTY

Be very honest with yourself here. That's the only way it works.

We often answer through our ego, tricking us to believe our answers are true, so watch very carefully and question your impulse. Is it really true?

We also often answer how we think we should, via how we want to be perceived. All just to avoid our unconscious fears of not being loved.

Before anyone judges us, we are our own worst critic. We get triggered most where we feel unsure or insecure about ourselves.

Creativity begins with truth.

And truth begins with listening.

Your answers don't need to be perfect.

They just need to be real.

Sometimes reawakening creativity begins with remembering what you actually want,
and stopping pretending you don't want it.

What do you want?

What are you currently not expressing that is your truth?

Want the full Creative Reactivation Formula?

The step-by-step companion guide with the four named exercises, the mindset shift, and a free 20-minute call.

If this small worksheet brought you anything, the next room goes a little further.

The Deeper Reactivation is a short PDF that picks up exactly where this one ends. Four named exercises with the science behind each. Eighteen deeper reflection questions. The soul-versus-ego mindset shift. And a free 20-minute Reactivation call with me, when you're ready.

THE DEEPER REACTIVATION

The full Creative Reactivation Formula · \$5

A short companion PDF + a free 20-minute call. No subscription, no pressure.

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With love,

Maria-Katharina