

# How To Become a Creator and Never Make Another Resolution

**Every year**, millions of people make those infamous New Year's Resolutions for the N-th time. But very few know how to use the power of creativity to bring about what they want. Using the Creation Process, you can give definition to those resolutions and empower yourself to act toward what you want.

Creating is different from the reacting or responding to circumstances that often motivates your resolutions. The process of creating is not generated by the circumstances in which you find yourself, but from the places in you where true desire dwells.

As you begin to consider what you want to create in your life, you should understand that your current circumstance do not determine your results. You are not limited by life circumstances, although you may be entrenched in them, and you will need support to move out of them.

The steps in the Creation Process are simple to describe, but people often don't do them for two basic reasons:

First, as Robert Fritz writes in *The Path of Least Resistance*, published in 1989, each step is really a set of actions we must take, not something to just think about or visualize. Some steps are very active, while some may appear to be passive. And aspects of the steps call for different skills, some of which we may have already mastered, and some of which we may have yet to learn.

Second and simply put, we don't create because we often lack the support and structure that human beings need to manifest their desires.

**1. Know what you want, and be very clear about it.** Creators start at the end with an idea of what they want to create. Your idea may start as a rough draft or it may come to you clearly and specifically. This step utilizes the power of your conscious mind.

Helpful hint: Talk over your idea with a trusted advisor, coach, or supportive and knowledgeable friend. Hearing your ideas out loud and getting encouragement and feedback often helps to clarify and define what you really want.

**2. Let yourself really want what you want.** This is the acid test. Feel how it feels as you experience having what you want now. Take deep breaths and let it in. See it clearly in your mind's eye. You may feel some anxiety or uncertainty, but mostly you will feel excited, challenged, joyful, hopeful, etc. If you don't, then this is probably not your true desire. Instead, it is may be an "ought to" or a "should."

Our cultural conditioning in our families and communities often alienates us from our true desires and the rightness of our wanting. One of the skills you may have to develop is to know what you truly want and to own it..

**3. Assess the situation.** See what currently exists in your experience. Be aware of what you have created so far. Name the obstacles you perceive to creating what you want, for example: time, money, and knowledge. Know what your resources are and what resources you need.

Barbara Sher, teaches an exercise, called [The Idea Party](#), that supports people to find answers to their obstacles.

**4. Take action in a supportive environment.** Once you have gotten to what you really want and know what you currently have, you are ready to take action. But what type of action(s) do you take? Creating is a matter of invention, author Fritz writes, rather than doing the same things over and over again. Invention is not a skill reserved for geniuses and scientists, but is another skill to develop. Inventing is setting new goals and trying new strategies, some of which will work and some of which won't. Understand that creating is a learning process, and you will know what works and what doesn't by at first watching the results. And then over time, you will develop a wisdom or a knack for knowing what works and what doesn't

Again, **take action in a supportive environment.** As Barbara Sher says, "Isolation is the killer or dreams. Human beings need support and structure" to be creators. So, contrary to popular belief, the lone dreamer is not the best creator, and our inspirations are unlikely to flower when our thoughts are always the lone seed.

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