



SPARK THE HEART PRESENTS

How to Find Your
passion
and
purpose
In One Fun Afternoon

by **RUTH DAVIS**

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So many of us want to have more meaning in our lives. We want to be excited about the work we do. We want to feel like we are making a difference in our world.

Yet, we don't know how to do that because we have lost touch with our deepest dreams and passions.

The usual path is to try to figure it out, logically, with our left brain. But if we keep asking the same question, we'll probably keep coming back to the same answer: I don't know.

It is so much easier to tap into our true passions through more creative activities, using our abstract right brain.

When we stop thinking and start playing, we begin to discover and remember all kinds of wonderful things about ourselves.

This creative activity offers you an opportunity to explore and express your own forgotten passions and dreams.

You don't need any artistic experience or special skills. You just need some time, a few simple supplies and the desire to have some fun!

CONTAIN YOURSELF: Creating Your Self-Portrait in a Box

Self-Portraits can express how you see yourself, how you think others see you or how you dream of yourself. Self Portraits can give you perspective on where you are in your life, what's important to you, what you want to focus on for your future.

In the same way that a painted self-portrait incorporates the setting, physical characteristics, and what a person is wearing, a Self-Portrait in a Box can also use color, style and materials to reflect something about the subject.

SUGGESTED SUPPLIES:

magazines
decorative papers scraps of fabric
photographs
markers
ruler
scissors
souvenir memorabilia
buttons, trinkets, shells, doodads and what-nots
paint
glitter
glue sticks or YES! paste for papers (white glue will make the paper bunch)
white glue or a heavy duty gel glue or glue gun for heavier items
a box

CHOOSING A BOX:

The box you choose can reflect something about you. You can use a shoebox, a cigar box, a jewelry box, a shipping carton. You could even use an old suitcase.

Consider the size of the box, the shape, the material it is made of. (It should be something that will work well with glue.) Consider how the box opens and closes. Will it need a handle? Where will you put it so you can see it in your daily life?

BEGINNING:

As with any creative activity, it's a great idea to begin with a warm up to help you ease into the mindset of openness and exploration. Even if you have an idea of what you want to create, I invite you to begin with this exercise.

Pick a magazine and quickly tear out words and images that catch your eye. Without judgment, just collect pictures and words that you like. If you see an article that you want to read, tear it out for later and keep working.

Go through at least three different titles of magazines before you stop.

Look through your collection of found pictures and words. Is there a repeating theme? Any surprises? Are there some that you really love?

EXPLORING:

Now that you are warmed up and have some materials you may want to work with, consider your box and how it might represent you.

Will it be a literal self-portrait? Will it express what is and also what you want to be? Will it focus on honoring a dream you want to manifest?

Because a box is three dimensional, you can choose to explore different aspects of yourself using the inside and the outside of the box.

How is what is inside of you different from what you show to others on the outside? What secrets might the inside of the box reveal? How does the outside of the box get your attention? Is it intended to draw someone in or keep them away?

If you are creating a Dream Altar, you might ask yourself, What do you dream? After you free-write for a few minutes, ask yourself the same question again. You may be surprised by the depth of your answers.

What aspects of the dream are you already living? What is the highest vision you hold for yourself? What is your WHY?

CREATING:

Your Self-Portrait in a Box can explore something about your true nature or capture the essence of a characteristic of yourself. It can represent the things you love or pay homage to what you value in your life. It can represent your deepest dream or vision of your future self.

You can cover the entire surface with layers of images. You can use decorative papers to create a design. You can glue on doodads or souvenirs, include photos of your favorite people and places. It is completely up to you!

Play with your materials. Listen to your heart as you choose things. Allow the process to unfold with curiosity and delight.

Experiment with things in different positions on your box before doing your final gluing to allow yourself to change your mind. ***AND MOST OF ALL, HAVE FUN!***

FINAL THOUGHTS:

While this is a wonderful project to do alone, it can also be a great activity with a group of friends. Pool your supplies. Share your finished pieces.

But try to work without talk and chatter so that each person can stay focused within themselves and really enjoy the gifts of exploring who they truly are.

ABOUT RUTH: As the Founder and Creative Director of ***Spark The Heart***, Ruth Davis encourages people to reawaken their passions and dreams and connect more authentically in the world.

Ruth leads workshops and retreats that combine practical coaching techniques with creativity and play, giving people an opportunity to explore who they really are and how they want to create richer, deeper, more joyful lives. To learn more, visit Ruth's website at **www.sparktheheart.com**