

The NUTS and BOLTS

The first thing I do is write down my goal for the day or the week or the project, place it under my creative candle, light it and offer a small thankful prayer for the work I'm getting a chance to do today.



<https://houseofintuitionla.com/products/creativity-magic-candle>

SET UP: A retired college professor is dealing with the recent loss of her husband of 25 years. As she tries to get on with her new life, she learns that her younger sister has gone missing and her neighbor's field hand has asked her for help in find a place for his pregnant fiancé.

INVESTIGATE: (2 min.)

Think of yourself as a journalist. You're going to tackle a theme on a macro sense. Like a google map view from above.

Grief and Identity

Who am I supposed to be when my identity was so dependent on my life with my now deceased partner?

EXCAVATE: (2 min.)

Now, let's internalize it. Make it personal. What part of you relates to that theme? Think of the term as way to dig deeper into yourself.
(Broad view)

The loss of my dad.

WHY ME? (4 min.)

This is the big one. Out of everyone else in the world, why should it be me, what is my voice, my take on this particular story?

The difference between Excavate and the Why me is your history. Your interests. The things that have inspired you. The things you are reading. It's digging into the wholeness of who you are.

I witnessed my mom having to deal with the loss of her husband.

My point of view on her experience and how it shaped me gives me perspective on the subject matter.

LEAD CHARACTER? (3 min.)

Who are they? Give a couple of traits. Quirks and flaws.

The dramatic paradox – what do they want and what is the obstacle? Think of it like a flow of energy going against each other.

For example: “I want justice for my sister but I don't want to destroy my family in the process.”

I want to disentangle myself from my family/my past without disappointing the ones I love.

WHAT IS THE STORY? (5 min)

Free write a 5 – 7 sentences paragraph.

Once upon a time, there was _____. Every day _____. One day _____. Because of that _____. And because of that _____. Until finally_____.