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**[Insiders] Here's your first shower gift (as promised)**

1 message

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Hey Brilliant,

I promised yesterday that I would send you one of my three most popular articles...

...but before I do that, I want to introduce myself.

Here's me and my nephew, Spencer (who has my hair!), being "Trouble Monsters" together on a recent visit. (Unfortunately, they live all the way across the country...)

I had to share Spencer with you, because he was a huge inspiration for my entire Creative Sandbox metaphor and philosophy.



**It was the image of my little nephew playing in a sandbox that made a lightbulb go off over my head.**

I had been so focused on doing "amazing work" that I was trapped in perfectionist paralysis.

When I sat down to create, I felt totally blocked, which was so painful. And a lot of the time I didn't even try (because why try when it's just going to hurt?)

**Perfectionism kills creativity, and it kills joy.**

But when a 4-year old kid plays in a sandbox? That's a whole different story! And *that's* the space I realized I wanted to be in:

- playful
- making messes
- unconcerned with the outcome
- driven purely by curiosity and fun

After all, if we're not having fun, what's the point?

**So now I refer to my time at my art table (or making music, or writing poetry, or...) as Creative Sandbox time.**

Here's a picture of my hand, after a recent session in the Creative Sandbox:



It's this Creative Sandbox headspace that has enabled me to be more prolific in the past few years than I was in my entire life — *including the years when I was making my full-time living from my art!*

Here's another picture of me (in the mirror), shooting a picture of my artwork at my very first solo art show — at my chiropractor's office!

It's not a fancy art gallery, but that was a big deal for me, hanging a solo show.



**I wanted to share it to show you what's possible with tiny actions, because I built up my body of work of hundreds of paintings by starting with a commitment of just 15 minutes a day back in 2011!**

And guess what? *My commitment now is even tinier.*

Borrowing from my friend Laureen, my daily Creative Sandbox time commitment is literally "any amount counts."

**Yet I'm not only happier than I've ever been, but more consistently prolific, too.**

That's the power of the Creative Sandbox headspace.



Okay, one more pic, to show another of my creative outlets:



This is me, performing my original songs at a music club in Martinez, California. (You can hear — and/or watch — the whole concert [here](#), if you want.)

I wanted to share that pic, because performing is relatively new for me (my first singing gig was 2006, and my first time performing with my ukulele was 2010).

**And just like with painting, it's tiny, regular actions that have enabled me to learn to sing, learn to play the ukulele, start writing songs, and get comfortable performing!**

For too many years I thought the options were:

A. Do my art/music/whatever full-time (ie, as my 100% sole source of income!)

or

B. Oops, too bad... you don't get to do it, or take it seriously.

Wrong!

**You don't have to do it "full-time," and you don't even have to earn a penny from it to be a real artist, a real musician, a real writer, or anything else.**

The truth is, tiny, regular jaunts in the Creative Sandbox will lead you to a more joyful, more creative, more colorful, happier and fulfilled life.

**And it's those same tiny, regular jaunts in the Creative Sandbox that make you a Creative World-Changer.**

Which is very much what today's "shower gift" is about.

If you've ever struggled with a sense of purpose around your creative expression, worried that it was "self-indulgent," or wondered why you should even bother when you're not going to make a living from it, you're gonna love this audio love note from me!

**Go listen to it now** because there's more coming tomorrow...

(Or if you prefer reading to listening, go read this earlier **written version** of the same message [but note that where the audio version has 8, the written version has 6.]

Enjoy, and talk soon!



*PS - I changed my mind...*

*I like to under-promise and over-deliver, so I'm going to go ahead and give you your second "shower gift" today, instead of you having to wait until tomorrow.*

*(See, it pays to read these messages all the way to the end. ;) )*

*This one is about the second important part of living a full-color life — at least as important as getting creating, but so often people get stalled here.*

*[Click here to listen.](#)*

*(Or [click here to read.](#))*

*Tomorrow your third "shower gift" will land in your inbox (perhaps dropped from the sky by a stork..?) Keep your peepers popped for the subject line: "Shower Gift" #3... as promise*

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