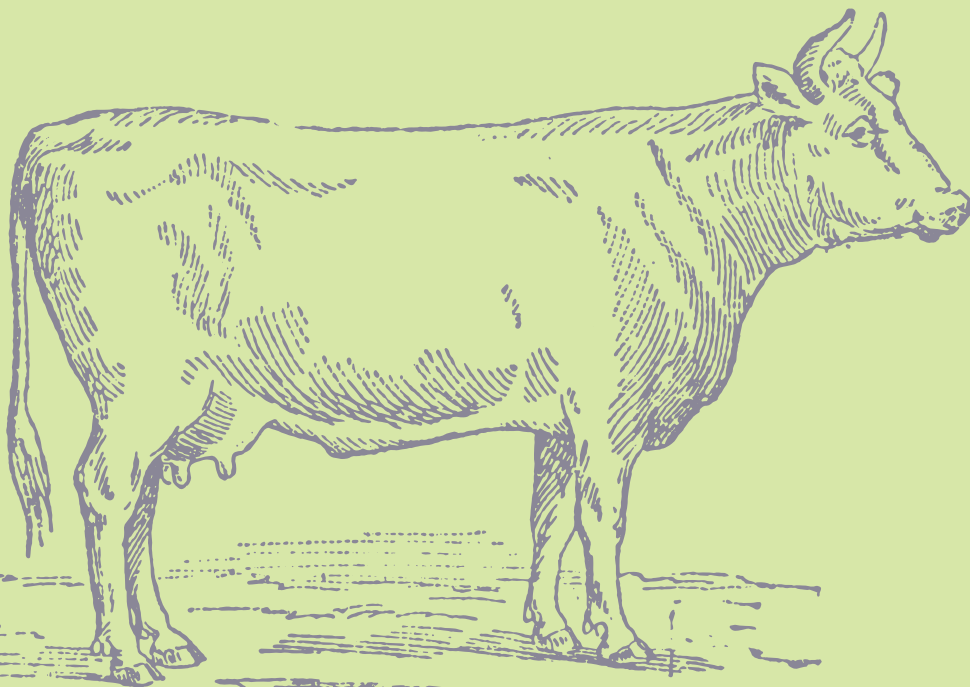


Creativity for Every Animal

{ WORKBOOK }



Let's get started!



Reclaiming Your Creativity



Here is a space to reflect on how you have expressed your innate creativity throughout your life. Consider both the moments when you felt adventurous and fulfilled and the times when you may have told yourself you just didn't "have what it takes." Review these memories without judgment; your purpose here is to recall the activities that have brought you joy and a sense of possibility, even if you didn't end up exploring those possibilities at the time.

Read over what you've written and draw out the highlights: how would it feel to return, go deeper, or take a new direction with any of these activities?

Identity Upgrade!

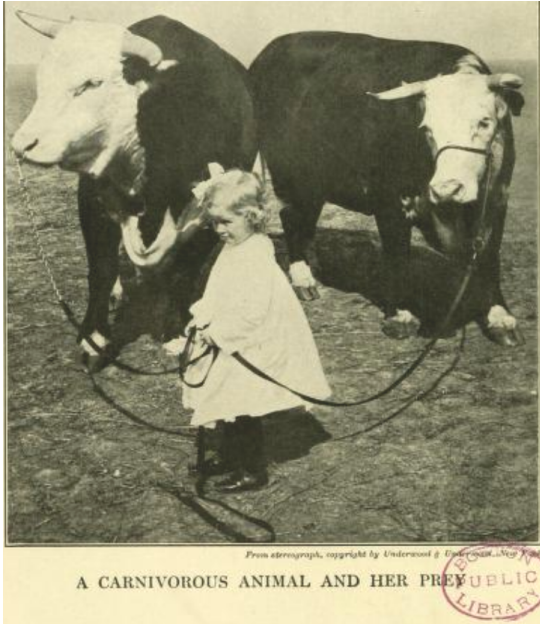


Knowing that your self image can boost *or* inhibit your creativity, what “identity pact” will you make now?

Who in your life will support this new way of seeing yourself? How, specifically, can they help you maintain this new alignment? (Also consider connections you’ve made or can make online.)

The Empathy Quiz

Use the space below to note your reactions to each of the images presented.



“a carnivorous animal and her prey”



life in a plastic bag



fluorescent taxidermy

Avenues for Creative Expression



Some of these avenues will be more appealing than others; focus on the activities that are calling to you and feel free to leave the other spaces blank.

develop and share your particular passion

What are the activities that make you feel most happy to be alive?

1

collaborate

Think of a friend whose interests and abilities complement your own. Could you work on a “passion project” together?

2

curate

Choose one of your interests and come up with a few ways you could collect and share quality content around that topic.

3

Avenues for Creative Expression (page 2)



“design” your life

Make a list of specific ways you can experience more enjoyment in life—in general, not only in terms of hobbies and interests— and how you might share that joy with others.

4

comment on the culture

What can you say that hasn't been said yet—not in the way that *you* can say it?

5

cross-pollinate your passions

If you have multiple passions, consider how you can develop each of them and allow them to inform one another.

6

Avenues for Creative Expression (page 3)



foster and/or participate in a community

Draw up a list of ways you can participate in and foster community (in ways that feel true to you).

7

Use this space to write or draw something absurd, just for the heck of it.

Run with the first thing that pops into your head.

Reclaiming Your Creativity (Reprised)



Rather than “brainstorm” additional ideas, use this last page to jot down all the questions you can think of. Don’t stop at questions related to your creativity—write down everything that occurs to you, even if it seems completely random. (That’s often where the gold is!) If answers come, write those down too, with the understanding that additional answers may show up later.

In case you’re blanking, here are a few options to warm you up:

- On what occasions have I experienced real-life magic? How can I recreate those conditions in the present?
- What is my creative lineage? (*Creative ancestors, luminaries for whom you feel a special fondness, or both.*)
- How would I spend my time if all my mundane responsibilities were automatically taken care of?
- Who told me I would never be “any good” at _____ ... and why did I believe them?

A large, empty rectangular area with a light gray background, intended for writing answers to the questions listed above.

Sources, Resources, & Inspiration



Full disclosure: most book recommendations have [Bookshop.org](#) affiliate links.

part 1

Michael Harren: [website](#), [Twitter](#), and [Instagram](#)

[*A Bright Clean Mind: Veganism for Creative Transformation*](#)

John Hegarty, [*Hegarty on Creativity: There Are No Rules*](#)

Carol Dweck, [*Mindset: The New Psychology of Success*](#)

Nir Eyal, [*Indistractable: How to Control Your Attention and Choose Your Life*](#)

part 2

M.R.L. Sharpe, [*The Golden Rule Cook-Book*](#)

Mihaly Csikszentmihalyi, [*Flow: The Psychology of Optimal Experience*](#) and [*Creativity: The Psychology of Discovery and Invention*](#)

[“The Brain Functional Networks Associated to Human and Animal Suffering Differ among Omnivores, Vegetarians and Vegans”](#)

part 3

@thejwaygrows on [Instagram](#)

[Vegan Yarn](#)

Mary Shelley, [*Frankenstein, or, The Modern Prometheus*](#)

Carol Adams, [*The Sexual Politics of Meat*](#)

[VGN Podcast](#)

[Chickpeeps Podcast](#)

[Vegan Indian Cooking w/ my BFF Radhi Devlukia Shetty | Deepica Mutyala](#)

[How to be an Intersectional Vegan: Q&A with Omowale Adewale, Founder of Black VegFest](#)

@_veganart on [Instagram](#)

Henry Lien: [website](#), [Instagram](#), [Twitter](#)

Lacresha Berry: [website](#), [Instagram](#), [YouTube](#)

Kimberly Wilson, Tranquility du Jour: [website](#), [Instagram](#), [Facebook](#)

Sources, Resources, & Inspiration (page 2)



part 3 (continued)

[Vegan Horoscopes for September \[2019\] on Tenderly](#)

Christopher Sebastian, [“The coronavirus is not a cosmic punishment for eating meat and other tales of ableism”](#)

Sande Nosonowitz, [Oblivious: A Vegan Memoir](#)

Iye Loves Life on [Instagram](#) and [Twitter](#)

Philip McCulloch-Downs: [website](#), [Instagram](#)

Janyce Denise Glasper: [website](#), [Afro Vegan Chick](#), [FemFilmRogue](#)

Donald Vincent / Mr. Hip: [website](#), [Instagram](#)

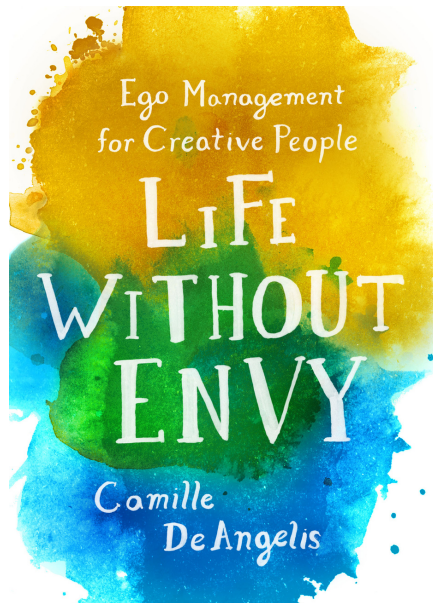
Beyond Species podcast, [“Veganism & Community”](#)

[Like No Udder](#), a vegan ice cream parlor in Providence, Rhode Island

[Sadhana Forest](#)

Vegan Rabbit, [“I Hope This Post Makes You Uncomfortable”](#)

for more where this came from,
check out Camille's nonfiction titles:



...and her first online course:



plus new content in your inbox:

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