# A Creative Manifesto

**I have a right to my creativity. I was born with it.**

I am creative in my own unique way, as others are in theirs. There are times when our interests may overlap and allow for new ideas to be shared.

*My creativity has a right to be, expressed enjoyable and fun.*

Suffering for my creativity will not be a part of my story.

*I love my creative soul and welcome it's presence in my life.*

Following my creative path is allowing my soul to play and when I allow it to play:

*I have permission to laugh, have fun, and enjoy healthy play to improve my mental health;*

*I have permission to play in order to recharge my internal energy supply;*

*I have permission to take time to engage in play with my circle of friends;*

*I have permission to Risks and try new things when I play with people I trust.*

*Through expressing my creative self to those I trust, I allow my spirit to be safely vulnerable.*

My personal creativity is about my process of creation rather than the final product and gives me the ability to accept the object of my creative expression without passing judgement.

In giving myself permission to use play to let got of a problem, I may open myself to new solutions!

In evaluating my creative expression, I will remember to acknowledge the importance of my process and in it's evaluation, my creative expression will be done with constructive commentary that helps me to grow my process.

This Does NOT entitle outside opinions to provide cruel or unhelpful feedback or to tell me to restrain my creative soul.

With all consideration, I have decided,

**I will not hold back my creativity for anyone.**

Susan Santa