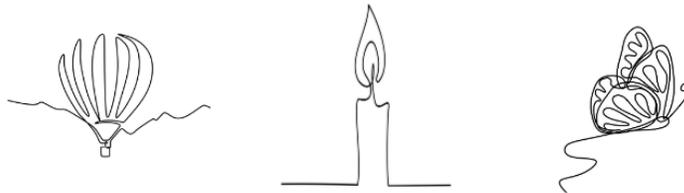


YOUR UNIQUE RESULTS REPORT

— What's Your Hidden Creativity Potential? —



See what these results mean inside...

Congratulations and Thank You!

Thanks for making the time to take the **What's Your Hidden Creativity Potential?** quiz.

And **Congratulations!**

Because, in an already very creative life such as yours, you are perfectly poised for an unusual level of access to deep potential that for most of us remains hidden, and unlived.

You have already had many tastes of the magic, I know!

Hi - I'm Jan Cross, Creativity Change-Maker at Extraordinary Mind Project, and creator of this assessment.

Over the past three decades, as I've helped literally thousands of people reconnect with hidden creativity and go on to easily transform over and over what's possible for them, I have found that six factors are critical.

They're to do with understanding practical mechanics of the brain, and how to work with it, for direct access to our natural born state of creativity . . . in other words, to the energy state of flow.

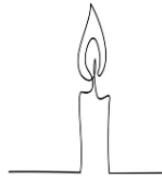
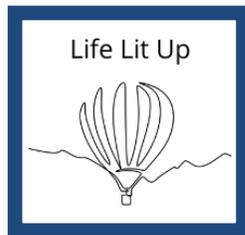
And that has led me down the path of creating this assessment, so you can get instant insights into how to have creativity expand and flow in and around and light up your life. . . ever more deeply and expressively.

So let's get to your results!



Your Hidden Creativity Category

“Life Lit Up”



Based on the information you've shared and the little I know about you and your situation, the "Hidden Creativity Potential" category that best describes you is what's known as "Life Lit Up".

Here's What That Means

What it means is you have deep seated belief in yourself as a source of creativity and feel proud that it lights up your life in many areas and many ways, including in day-to-day life and in your professional life (where that's possible).

For this to be happening it's likely that, purely intuitively and through curious observation, you have developed some pretty reliable ways of tapping your creativity.

For example:

- When you have a problem that you can't solve with conscious effort you will likely know when it's time to **simply stop and 'sleep on it'** (or use some other strategy) to encourage a perfect 'aha!' insight answer coming to mind for you later.

You know the importance of sometimes just **getting out of the way** of your brilliant new-connection-making subconscious mind.

- Similarly, you are likely someone who enjoys **pockets of daydreaming**,
- as well as those 'stop you in your tracks' **awe and wonder moments** (such as a beautiful sunset, or an orchestra or person performing at a transcendent level).

No surprise! Neuroscience has recently found that daydreaming, awe and wonder experiences, the flow state, and imagination *all* use the same brain networks.

So, if in your busy life you haven't already done so, give yourself permission to

- regularly stare out of the window!



and to

- not miss any awe and wonder opportunity that comes along!



They are creative states!

You have also no doubt noticed that your extraordinary mind is always finding ways to:

- remind you of **who you really are** at essence, and to
- nudge you in the direction of **coming home** to the potential that is yours to live.

"My art is so important to me – it's where I feel most fully connected to who I am."



Chances are that you have an interest in personal growth work as a way of **exploring how widely and deeply** your life can be lit up with creativity . . . as a work of art!

The most common “Life Lit Up” Obstacle

That said, there are likely times when you do feel stuck or at a standstill and not your usual easily inspired self. Which can be frustrating. Yes?

Or times when you are inspired well enough but don't know how to add that extra life, ease, freedom that you are sensing wants to be expressed.

Or your deep-seated belief in your creativity wavers sometimes for no apparent reason and it's hard to find your way back.

The most common reason for this – and the **most common** – is on a **practical brain mechanics** level.

Let me explain....

In practical terms, from our outsider/owner's point of view, our brain is designed with two very important **functions** on the subconscious level that **happen to be in opposition**.

- ❖ **One function** is to take you safely through your day by matching incoming data against the patterning of your past experience.

It very efficiently has you repeat what you already know – automatically, instantaneously, and perfectly.

So if, for example, you are a stickman level drawer and you have a piece of paper, a pencil, and a subject to hand, your brain knows exactly what's required . . . stickman level drawing!

It will have you do it perfectly!

And will continue to do so unless and until you find out how to intercept patterns that are holding you **hostage** in stickman level.

In fact, it repeats the past so well that it can leave you believing that it's the whole picture of what's possible, or not, for you to achieve and be.

And this is the **biggest mistake** that people make: **to believe this!**

Of the two subconscious, 'in opposition' functions, this **past-based one is dominant** and so you can see how easy it is to

- become stuck, or feel at a standstill, in a situation, and to
- underestimate your ability to break out of it.

❖ The **other subconscious function** is, of course, your creativity!

Your 'born to explore', **breaking out ability!**

Examples of what becomes possible in a matter of hours, not weeks or years:



Note: Improving your drawing ability out of sight is a perfect **context** for **learning how to access all hidden creativity** . . . so that you are then free to go ahead and have any area of your life lit up with more creativity

Here's What You Can Do About It

In an already "Life Lit Up" world such as *yours*, the biggest secret to limitless unfolding of creativity is having 'at will' access to the deepest, most hidden, reaches of it.

Where the most magic and mystery and expressive power is, and can always be counted on for eye-opening surprises.

What would it be like if your next big surprise was an unexpected '**stop you in your tracks**' experience of the awe and wonder of **you**?

That you were **astonishingly easily** able to make happen!

Expression **wild and free** on tap . . . beyond what you have experienced so far.

For this to happen, more practical information about the **mechanics of your brain**, and **how to work with it**, is beyond beneficial.

Happily, there is now a practical and fast small step-by-small step – and this *is* the important bit – **brain-aware** path to take to your patiently waiting hidden creativity and its surprises!

Here's what you can do almost immediately to start opening a deeper connection with it than adults usually can.

1 Transcending limiting beliefs

No matter what level you are now at, can you **stop** yourself in your **patterned belief tracks** for a moment and stand . . . **open** to the thought that:

- all your accomplishments so far *have* been based on subconscious new-connection-making ie on creativity
- and, as remarkable as they are, might they still just be the **tip of the iceberg**?

The truth is: your creativity is limitless!!

A tip:

Rather than thinking of raising your creativity level as a way of

- developing and expressing more of the person you *know yourself to be*, who you identify as (this approach is the norm),
- think **busting right through** your beliefs, **transcending** who you think you are and what you can do!

Because, as you know, the essence of the creative flow state is to lose all sense of self, to transcend the self and its limiting opinions and expectations. and to come out surprised, seeing yourself and what you can do in a new light!

Kay...

6
1st session
BEFORE
1st session

AFTER 20 hours
Kay's first period of
extended flow -
about 40 minutes

Even though a life-long drawer,
Kay was astonished by the ease
and breakthrough leap in quality
... a new experience for her.

Next sitting: 2 days later, at home
- a drawing of her brother.
Another quantum leap - made with
out further tuition or practice.
Source? Kay's own
extraordinary mind, of course!

**"I didn't dare to look at the page, I thought I
might lose 'it'."**

Note: exponential unfolding is the norm:

2 Choosing creativity, time after time!

A simple idea.: **creativity is a choice!**

Just keep actively choosing the new, choosing to explore, choosing curiosity,

Because your subconscious brain – it's designed that way – will otherwise keep you efficiently repeating your whole life pretty much as you know it.

Including continuing to hamper you being as creative as you sense you deep down want to be.

Happily, we are also designed, especially made, for creativity!

But you have to choose it!

'At will' access to the *full* depths of your hidden creativity all begins with thinking about **Your Extraordinary Mind in a Brain-Aware Way.**

The simple actions mentioned above – choosing to be open to the idea of limitless creativity within you and choosing it often – underlie the success of this pathway.

The following 6 elements are hugely powerful when it comes to uncovering your true potential – *especially* when each is understood from a new, brain-aware perspective.

- ❖ **Focus** – knowing what level and quality of 'in the present' focus makes magic, and how to reliably get there
- ❖ **Choice** – as a trigger for creativity, as a catalyst for *any* desired change or goal that you want to accomplish
- ❖ **'Deliberate not knowing'** – a technique for 'living in the question' rather than it being a largely automatic living out of already known answers.
(Particularly 'right' answers, which we have so much training and strong patterning in!)
- ❖ **Action** – willingness to be in the unknown, to start doing something you do not know, in some measure, how to do.

This is the only way your creative subconscious knows what question you want it to work on,

- **Becoming an impartial observer** – gives **freedom** from assumptions about what is and is not possible for you,

PLUS leads to a naturally **toned down inner-critic**,

PLUS gives you the ability to easily **see 'problem patterns'** as they arise (during your numerous creativity adventures!) and so *be able* to slip right past them.
(When you are *in* a pattern it is often so hard to see it.)

- **Patterning for creativity** – turning it around! **Re-wiring** your brain for direct access to your true potential!

It's astonishingly fast and easy!

Your Next Steps

So the question you might be asking . . . Okay, so that's cool. But how is it possible to slip ALL SIX of these elements into an already busy life?

And to do it without going crazy and without it taking over your entire life?

Well, I've got some good news for you and it's this . . .

This is what I do all day, every day . . . I help people **tune into the creativity networks** of the brain more deliberately and deeply than adults usually can.

And in a few short hours you get to **astonish** yourself with even more potential than you have ever **suspected** you might have.

You see yourself, and what's possible for you, in a whole new light.
No matter you present level.

"I feel I can do anything. I really do!"

You have **proof!** And you **know** how you did it!

And straight away **ideas start surfacing**



such as

- that thing you have always wanted to do but perhaps wondered if you had enough talent, or thought that it would take too long to get to a worthwhile level
- things you are tired of and want to change, too much same-same
- new, expanded ways you want to express yourself and be in life
- impact that you want to have . . . the ripple effect of creativity
- new adventures and fun, and
- anything you would enjoy adding your creative touch to!

All perfect for a **“Life Lit Up”** world such as *yours!*

Access to all the creativity you could possibly need for whatever you choose is through the unique approach and information of ***Your Extraordinary Mind – The Brain-Aware Way.***

It just so happens **I have a step-by-step training on this very topic!**

And because you've made the time to take this assessment and tell me a little about you and your situation, I'd love to invite you to an upcoming workshop, 100% FREE.

Here's what you get

In just 2.5 hours have an experience that will give you *the* opening to all the creativity in your life that you have ever wished for. Life as a work of art?

- Discover the **essential** background information about practical **mechanics of the brain**, and how to **work with it**
- Understand how come so much human creativity and **true potential** becomes & usually remains **hidden**
- Find out ways you can **break free** from, slip past, brain patterning that is effectively **cramping your style ... and soul**
- See '**before & after**' examples which show - using the context of transforming your drawing ability - what's possible and how this is done
- **Begin the adventure** itself right away, with some simple, specially drawing exercises.

This FREE workshop is an **informative, transforming** and **fun** event in itself – well worth attending! No obligation.

BOOK YOUR PLACE HERE – 100% FREE

Your Extraordinary Mind - The Brain-Aware Way