



KEYS TO CREATION:

**10 TIPS ON HOW TO
TURN YOUR IDEAS
INTO REALITY**



written by Alisha Bradley



*Lifestyle Coach
Owner of ReFind You*



Intro:

“Cease to be a drudge, seek to be an artist.”

-Mary McLeod Bethune

The inspiration for this book came from years and years of knowing my divinely creative nature existed, but not understanding how to harness and maximize it. I spent decades envisioning realities that brought me temporary happiness and feelings of exhilaration; a calling towards my truest and happiest self. However, those dreams usually remained in my imagination, never truly finding their way into existence.

For instance, in high school I desperately wanted to form a dance team to diversify our school's sports entertainment experience. Unfortunately I got caught up in, what I like to call, “The Creative Quagmire”, and never followed through with the desire I held onto for my entire high school career. Hindsight reveals I could've had a completely different school experience if I would've understood how to bring my ideas to life. Instead, I sat as a spectator during the games, secretly wishing I could run out during halftime and bust out in dance during the cheerleaders' redundant routines.

As an adult, the consequences of The Creative Quagmire got exponentially more serious and had detrimental effects on my life (some that will last for the rest of my lifetime). Toxic relationships, unsatisfying jobs and a whole lot of wasting time; these were the results of my choice to dismiss my innate creative capacity desperately calling out to me, begging me to receive it and put it to good use.

I hit a point in my life where I felt like a victim of the negative circumstances that surrounded me. I was a passive bystander observing people and experiences affect me in devastatingly negative and unhealthy ways. After years of this, I knew I needed to make a change...and quickly! I made a vow that I would work towards creating the ideal life I'd always envisioned. No settling or compromising beyond my comfort levels. No making excuses for people or circumstances, and taking complete control over my life and how I experienced it everyday.

I discovered that, not only were my creative visions important, they were spiritual previews of the life intended for me. They were divine callings that entered into my consciousness with potent force. Whenever I'd experience these visions, I felt a level of alignment and peace that I couldn't bypass as random occurrences in my imagination. In

the past I assumed these visions were futile fantasies, impossible dreams that I shouldn't waste my time on. Once I started taking these dreams seriously, giving them the respect they deserve, my life transformed! I began bringing my visions into my physical reality with less effort and a higher level of conviction. I finally accepted the fact that I am the divine creator of my entire world, and I have an all-knowing source backing me up, aligning me with people and opportunities to bring my visions into existence. I no longer felt alone and unsafe in this world, but protected and advocated for by God, the highest and most powerful form of creative consciousness! (God is the word I choose to use, please substitute that with whatever term best resonates with you.) With this level of support, I knew I could create miracles and move mountains if I harnessed my creative abilities effectively.

This ebook is designed to help you understand how to harness your divine creative energies, to stop being a powerless observationalist of your own life, and start being the master creator of your experiences so you can experience the same level of transformation I did. I hope you gain some insight from the following tips!

Tip #1: Visualize Your Idea and Mind Your Details



“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”

-Albert Einstein

Are you ready for your life to evolve into what you've always envisioned? The first step to actualizing your ideas is identifying them. How would you like to experience life differently? You could have one or 90 ideas in your head that have been itching to get out! But for now, let's start with one idea that's important to you.

Give a name to this idea. The one I'm imagining for myself would be called "Exploration". Go to the place in your consciousness where this idea resides. Think about where you are, how you feel, the smell of the air around you, the noises surrounding you and the various other details that make this idea intriguing to you. Encourage this idea to expand in your awareness, having experiential dances with it throughout your day. This should be fun, providing you a sensation similar to "day dreaming", but with the intent to actually bring it to life!

Think about how you'd feel if this desire was real. How would your life change for the better? What doors would open for you? How would it change your day-to-day mood and experiences? Would you feel liberated and empowered if you accomplished it? It is essential that you tap into how this idea's existence would make you feel. It's quite simple to evoke emotions within ourselves. But many times, we allow our emotions to be brought on by outside influencers, resulting in a loss of control and a "blow with the wind" effect on our lives.

It's time to channel your emotions into what you desire, taking full control over yourself and how your environment affects you. Frankly, your environment shouldn't affect you at all. It is external from you and is no reflection of who you are today. If the backdrop of your life isn't making you happy, understand that it's a result of your past inability to channel your creative energies. Today, you are someone who is literally reading an ebook titled, "Keys to Creation", which is evidence that you are now taking initiative to create a different life than the one you are currently living.

As you continue to master your role as the divine artist of your life, you will begin creating new circumstances that will soon be your reality. So, stop looking around and focusing on how terrible your current life is. Perceive it as a thing of the past, and be disciplined in

looking ahead and focusing on your ideas taking form and coming into their own physical realities.

Tip #2: Identify Your Triggers

*“As you become more clear about who you really are,
you’ll be better able to decide what is best for you – the first time around.”*

–Oprah Winfrey

As I said earlier, we all get sucked into the Creative Quagmire, and way too often. Each of us have different triggers that can lead us into this paralyzed and confused state of consciousness. But the end result is typically the same, we let go of our ideas and continue to allow life to play out on its own. We may attempt to intervene and try to get things going in a direction we want, but since we probably perceive our role as the canvas and not the painter, we let life splatter all over us!

For me personally, my creative juices tend to stop flowing when I feel resistance from outsiders. This can be a lack of acceptance of my idea, destructive (not constructive) criticism, or many other responses from outsiders that feel contrary in any way. As I’ve done years of self-exploration, I’ve come to understand that external resistance made me feel as if I wasn’t good enough. This confirmed a core belief I had been holding onto for most of my life. As I became more self aware, I was able to understand who and what triggered the deepest and most unhealthy thoughts that had been living in my subconscious since early childhood.

Whenever we are negatively triggered, it is directly linked to a subconscious belief we have about ourselves, others or the world around us (and this belief is usually extremely unrealistic and unhealthy). I won’t elaborate too much on the core belief system and how it affects our day-to-day lives, but if you’d like to further explore this concept for yourself click [here](#) and I’d love to discuss this with you.

Here are a list of other common triggers that can lead your negative self-talk to take over and trump any creative idea you have:

Feelings of:

- Embarrassment
- Neglect
- Abandonment
- Inferiority
- Lack of confidence
- Stress
- Panic
- Distrust of others
- Distrust of the world
- Lack of acceptance
- Racial/Ethnic discrimination
- Unworthiness

These are just a few of the many feelings we can experience that ultimately lead us into the Creative Quagmire. The key is to understand what your triggers are, and how you respond to them. Identifying your triggers helps bring clarity to why you react the way you do. It also helps you see reality for what it is, disregarding the unrealistic core beliefs that have been guiding you through life thus far.

Tip #3: Understand Why You Stop the Creative Process



*“Put blinders on to those things that conspire to hold you back,
especially the ones in your own head.”*

-Meryl Streep

Now that you've identified your triggers, the next step is to understand how you react to them. We all have different responses to negative emotions; but regardless of the varying reactions, the end result is usually the same. You will not bring your idea into fruition if you continue to be unaware of your internal processes. Emotional intelligence is necessary to accomplish success in any area of your life. Start becoming more aware of yourself and how you react to this overwhelming world around you, and you will expose yourself to an entirely new and fulfilling existence!

As I mentioned before, one of my major triggers has been outside resistance. When others display confusion, criticism, skepticism or any other form of opposition against my ideas; I've tended to back away from the idea and eventually give up on it altogether. It took me years to identify this cycle, but once I did I was able to prevent it from happening.

Knowing that I've allowed external influences to cause me to diverge from my desires, I began removing anything or anyone that wasn't helpful or supportive. This included friends or associates who only had bad things to say, any information confirming that my ideas weren't possible (whether it was evidence or opinion-based), and other negative forces that interfered with my creative process.

I encourage you to understand how you react to your triggers. Do you get angry, sad, creatively paralyzed, overwhelmed? Whatever it is, it's important to know it and begin letting go of the things that cause the trigger in the first place. It takes a lot more work and time to delve into your past and change your core belief system altogether. (However this is extremely helpful and can be done with the assistance of a professional such as a life coach or therapist.) In the meantime, you can make immediate changes in this very moment by distancing yourself from the triggering sources that are getting in the way of your success.

Here are some examples of how you can remove yourself from triggers:

- Not engaging in negative conversations with people
- Distancing yourself from people who are constantly complaining, judging others, or finding the wrong in situations

- Letting go of anyone who has caused you past trauma, betrayal, deep hurt, or any other feeling that should be considered a deal breaker
- Not consistently watching tv shows or movies that bring on bad feelings or memories
- Not engaging with negative social media conversations or debates
- Not constantly watching the news and keeping up with politics (even though it's important to stay informed, the weight of what's happening in the world can cause vicarious trauma, many times resulting in post traumatic stress-like symptoms)

Take control of what you expose yourself to. Your surroundings are up to you and no one else. Knowing this can liberate you from so many unwanted negative triggers. Start being the authority of your environment and you will see how freeing it feels to release yourself from the shackles of an undesired life.

Tip #4: Envision Potential Outcomes

“When I let go of what I am, I become what I might be.”

-Lao Tzu

When you are thinking of an idea that you want to become a reality, thinking of its outcomes helps bring it to life within you. Remember that it needs to exist in you before it can exist physically. Think about all the ways your idea can manifest. Here are some questions that will invoke visualizations of your actualized idea:

If this idea happened...

- 1) How will my life change for the good?
- 2) What opportunities could come from it?
- 3) Who would be positively impacted by it?

- 4) How would my bank account change?
- 5) How would my quality of life be different?
- 6) How would my day-to-day life change for the better?

Thinking of the potential positive outcomes creates a natural momentum within you and around you towards your desired goal. For example, let's say you wanted to create an outfit for your sister's wedding reception. First you think about what your style would look like, how you'd feel in it and how people would be in awe of you as you're wearing it. You think about how the pictures would come out, how you'd look stunning on social media and how this memory would be documented and shared with future family members. As you continue to build momentum in the direction of the perfect look to come together, you are feeling all positive emotions: excited, happy, proud, motivated etc.

Because you've allowed your creative intelligence to guide you thus far, you then begin doing research, shopping around and preparing for this big day. As you continue to move energy towards your idea, opportunities to bring this idea alive start to flow in your direction. Eventually, you've found your ideal outfit and have accomplished bringing your thoughts into existence.

This is something small and simple, however the process of creation is the same no matter the size of your desire. One major key is to focus your attention on the idea all the way through to its birth and lifespan; thinking of who and what it will have positive impacts on.

Tip#5: Tune Out People's Opinions



“If I didn't define myself for myself, I would be crunched into other people's fantasies for me and be eaten alive.”

-Audre Lorde

This can be the toughest area to change because we are surrounded by others' opinions, experiences, cultural influences, fears, traumas and skewed perceptions of reality. I used to have a tendency to ask a ridiculous amount of people for their opinions about my life's desires. Hindsight reveals this was my way of avoiding my fears that would come up when I thought about bringing my ideas into fruition. Fear of failure, success, rejection, etc. were all things I was subconsciously avoiding. So of course, after hearing all types of feedback (both good and bad), I would usually begin obsessing over the bad feedback and back out of the challenge to create the seemingly impossible.

This self-fulfilling prophecy continued for years until I realized I had the power to change it. There was absolutely no point in asking everyone for their opinions. It's essential to be extremely strategic about who you ask for feedback. If you are looking to start your own business would you rather ask your coworker who has never owned a business and is

completely satisfied with working as a full-time employee at a corporation, or your friend's uncle who is a seasoned and successful serial entrepreneur?

When you are looking for constructive criticism and helpful advice regarding your idea, look to people who can actually help build momentum towards your goal. Be mindful of the energy you allow into your creative process. It can already be a vulnerable and fragile place to be in, especially if you are working towards deepening and strengthening your creative energy forces. You should be very strict about who you allow in your creative space, it should be invite and VIP only!

A recent client named me her "Spiritual Midwife", explaining that I assisted her with the conception and birth of her idea from her consciousness into her physical reality. There are people who can offer this level of support, helping you nurture your vision to a full-fledged entity. There are also those who will contribute to prematurely aborting your vision before it takes true form. I challenge you to ask yourself, are you choosing to surround yourself with spiritual midwives or people who will cause spiritual miscarriages? The choice is always yours.

Tip #6: Start Believing It Can Actually Happen

"When you desire with belief, it's happening. When you desire with hope, it's happening slower. When you desire with doubt, it's so slow you might as well be thinking about something else!"

-Abraham Hicks

So now you have identified your idea, the potential triggers that could interfere with it, and who and what you want to distance yourself from to prevent future triggering episodes. Now is the time to check in with yourself and see if you believe your idea can actually happen in real life. It's one thing to have an idea, it's another to have faith in it.

As stated in Abraham Hicks' quote, a desire without belief might as well not even be a desire in the first place. Faith and belief give your desire momentum. Doubt will cause resistance and eventually kill any desire you have. So what is the narrative you have attached to your idea?

Are you saying things like:

- It's a great idea, but it's unrealistic
- No one in my family has ever been able to accomplish something like this, I shouldn't even attempt to try it
- It's selfish wanting something like this, it'd be better if I continue to help others instead of being so self-serving
- I don't know how I'd ever be able to pull this off, I don't have the skills or know-how
- I shouldn't want something so extravagant, that's not the way life is

There could be all types of thoughts that bring distrust and resistance to your ideas. All of these unrealistic narratives boil down to one thing; you are scared. You may be fearful of the unknown, of challenging yourself and expanding your skills and abilities, or you may have feelings of unworthiness (which could be lying in your core belief system).

Many of us have been raised to believe that selflessness and sacrifice for others is how we should live our lives. Many religious institutions can also add to this narrative and make us feel guilty for wanting an abundant life for ourselves.

*"John 10:10: The thief comes only to steal and kill and destroy.
I came that they may have life and have it abundantly."*

-The Bible

This is one of many verses in the Bible that prove how much God wants us to live a fulfilling and satisfying life. It also highlights how doubt and fear can destroy and kill our hunger for more. Are you ready to embrace this concept?

It's time to explore your belief system. Do you believe you're deserving of your idea? If not, what internal narrative is contributing to this disbelief? Understand that a desire and the belief in that desire need to be aligned in order for it to come into fruition. So whatever is in the way of this alignment happening needs to be changed. A guaranteed way to change this is to start saying affirmations like:

- "I am deserving of everything I want."
- "It's important to be selfless, and equally important to be selfish."
- "In order to help others, I have to practice self-care. Bringing my ideas into fruition is the ultimate form of self-care."
- I am worthy of the ideal life I want for myself."

Feeling worthy and deserving of receiving great things is the key to allowing them to happen in your life. Become aware of how you speak to yourself throughout the day, and start redirecting your negative and fearful internal dialogue to more positive and faith-based conversations. If this is something you think you need further assistance with please [click here](#), I'd be happy to help!

Tip #7: Immerse Yourself In Your Desired Lifestyle

*“Don't wait around for other people to be happy for you.
Any happiness you get you've got to make yourself.”*

-Alice Walker

Now that you've delved into your idea and explored some components that will help it become a reality, it's time to start living as if your idea is already happening. For example, if you want to start a business, begin surrounding yourself with entrepreneurs, go to seminars and trainings designed for small businesses, register your business name, start a business plan and find a mentor that is living the life you want for yourself. Or maybe you want to work abroad? Begin learning the language of your desired location, start eating the food, listening to the music, and fully immerse yourself in the culture as best you can.

It may look odd to others who're watching you make such a drastic shift in your lifestyle, and this is a great sign! The more questions that come your way, or discomfort that's expressed to you from others is evidence that you're creating a noticeable shift in your lifestyle. Many people get highly uncomfortable with change in any form, and it's important to remember this while on your creative journey.

As I mentioned before, there will always be people attempting to interfere with your creative process. It doesn't usually come from a malicious place and is typically based in fear or unrealistic perceptions of the world they're projecting onto you. Being mindful of this reality is essential, especially during the immersion step of your creative process.

Detach

In order to saturate yourself in your idea, it requires a level of detachment from your current reality. Keep in mind that anything you can use to describe yourself can be considered an attachment. These attachments could be your job, relationship status, location of residence, employment or student status, physical attributes, personality traits, likes/dislikes, etc.

For instance, maybe you want to participate in a triathlon within the next year, but throughout your life you've been labeled as a non-athletic "girly-girl" who would prefer to spend her leisure time shopping, pampering herself and eating tasty foods. The idea of being a triathlon athlete contradicts the current conceptions of who you are, and would require you to detach from some of the attachments you and others have created around your identity.

As you continue to build your idea and bring it into existence, identify the attachments you need to let go of. Visualize these attachments becoming external from you. There are many different types of visualization exercises you can use to help you separate from the connections you and others have attached to your identity that are interfering with the manifestation of your desires. Please [contact me](#) if you'd like to explore this further.

Tip #8: Sleep and Recharge!

"Your calm mind is the ultimate weapon against your challenges. So relax."

-Bryant McGill

When we get caught up in the excitement of our ideas, it's easy to get sucked into overdrive. The sense of creative fuel surging through your veins is an amazing feeling, but it can also tire you out and potentially cause feelings of depletion and paralysis. There is a very fine line between feeling electrified and feeling debilitated. So, the question is...how are you able to know when you need to take a break from your ideas?

Have you ever experienced feeling like your eyes are bulging out of your head from working on the computer too long? Or when your brain can't intake any more stimuli from

coworkers, friends or even tv because you've been assiduously working all day? Being in tuned with your mind and body and knowing when it's time to take a break is so important in this process! I can't emphasize enough how crucial it is to take a step back, relax and allow yourself to recharge! If not, you will burn yourself out, and quickly. Silence and solitude are the most effective activators of clarity and momentum.

Sleep is my all time favorite way to rejuvenate my mind, body and spirit. Have you ever put off going to sleep or dreaded bedtime? Probably not, because it is a spiritual experience that we need in order to refuel us and connect us back to our true selves. When we are sleeping, we travel to the purest and most whole version of ourselves and the world. We aren't actively and consciously thinking about our problems and fears (unless we are experiencing severe nightmares, which is something to explore and heal through with the help of a professional).

"Every night your energies are re-aligned. Every night your body is refreshed and you are literally re-born. And if you could awaken feeling that way, then you would live a long, healthy, prosperous, abundant ecstatic physical experience."

-Abraham Hicks

The key is to wake up allowing the positive and abundant energy to continue to flow in you from your previous night's rest. Not to wake up bombarding yourself with the doubts, fears and other plaguing thoughts that will ultimately get in the way of your desires. When you wake up tomorrow try focusing on all that you are deserving and worthy of (using the affirmations I listed in Tip #6). I promise you will feel a surge of energy and inspiration towards your brewing ideas if you allow rest and sleep to be your source of restoration.

Tip #9: Embrace Discomfort

"It's in the act of having to do things that you don't want to that you learn something about moving past the self. Past the ego."

-Bell Hooks

Have you been avoiding the feeling of discomfort? Maybe your idea would require you to speak in front of an audience, and your fear of public speaking is stopping you from

pursuing your idea. Or maybe you want to obtain your real estate broker license, but get extreme anxiety when it comes to taking tests. It's understandable why you are dodging future feelings of discomfort, but trying to escape it is like trying to escape the winter season when you live in Chicago. It's coming whether you want it to or not. Would you rather be prepared for it, or be caught in a snow blizzard with a tank top and thong sandals on?

The first thing you can do when you are feeling uncomfortable is to breathe deeply. This is a quick and easy way to bring yourself to the present moment, taking your thoughts away from the scary "what if's" that are flooding your mind. Inhale for a count of 7, and exhale for a count of 10 while visualizing your breath entering and exiting your body. This is a quick and simple breathing exercise that will calm you down in any moment of fear or discomfort.

Another way to alleviate feelings of uneasiness is to take 2-3 minutes out of your time to practice power stances. This TED Talks episode by social psychologist, Amy Cuddy, explains how simple body movements can immediately decrease your levels of cortisol (the stress hormone that can cause feelings of anxiety). Please [watch](#) this helpful video about power stances to learn more about how your bodily movements can increase levels of confidence and decrease stress.

It's important to understand that much of our discomfort comes from our tendency to overthink about the final outcome of our ideas, and all that is required in order to obtain it. To become a real estate broker you need to pass the examination. However, the thought of sitting down and taking the exam is terrifying to you. Instead of focusing on the end task, remember that you will be taking a course with a knowledgeable and supportive instructor who can answer all of your questions. You will have textbooks, workbooks, guides, study partners and practice tests to help you prepare for the exam, and enough time to study and strengthen your knowledge base. As you break it down into reasonable and actionable steps, it's easier to sign up for the real estate broker course isn't it?

Discomfort is a reality regardless of how intelligent or experienced you are; and it's not the best feeling in the world. However, it will always feel uncomfortable to stretch yourself and expand your skills and knowledge. Discomfort is a beautiful indication that you're growing and evolving beyond your current limitations. It's also important to distinguish between healthy and unhealthy discomfort. If you're trying to force yourself to stay in a volatile or abusive relationship because it's your desire to work it out with your partner, then you will experience intense discomfort because it's going against the notion that you are worthy and deserving of great things. However, the uncomfortable feelings that come from

thinking about going to the gym to train for your triathlon is a different type of discomfort. Become familiar with the two and remember to only pursue ideas and desires that are supporting your happiness, health and well-being.

Tip #10: Make It Happen!

“I was afraid, you’re never not afraid. I’m still afraid. But my fear of failure never approached in magnitude my fear of ‘what if?’, what if I never tried at all?”

-Will Ferrell

It is now time to take action! It begins with trying and taking a shot at bringing your ideas into existence! If you only take one thing from this book, I hope it’s knowing that you are the master creator of your life! There is no one else in this world who has authority over how your life plays out. It is up to you, and hopefully through this book you’ve gained some insight on how you can begin taking control over your experiences, the people who you surround yourself with and the choices you make regarding your ideas.

If you need even more convincing, type [“celebrity success stories”](#) in your search engine and start reading. You don’t need to have the desire of being a celebrity to appreciate the common theme in all of their journeys. The point is to see people who started with one idea, embraced the divine creative process and eventually brought it to life. Many of them having very little money, some with learning disabilities, mental illnesses or not so fortunate upbringings. Despite the various roadblocks, they all at one point accepted the fact they deserved all they wanted and were willing to make it happen regardless of outside opposition.

My hope for you is that you are inspired to make your dreams a reality, no matter how big or small they may be. It won’t always be an easy process, but it will be your process and no one else’s. You have everything you need today to start making your ideas real, and now is your time to make that happen! I wish you the best and will see you on the other side!

“Don't let anyone rob you of your imagination, your creativity, or your curiosity. It's your place in the world; it's your life. Go on and do all you can with it, and make it the life you want to live.”

-Mae Femison

P.S.-

If this book was helpful for you in any way please share it with a friend or loved one.

Please share your feedback by taking this [anonymous survey](#). This will help me cater future ebooks to your specific needs.

There are various ways to engage with ReFind You from online groups, in-person group intensives, experiential mixers and 1:1 transformative coaching. If you'd like to learn more about how to be a part of the ReFind You community [click here](#).

I'd also like to add an extra perk for you for taking the time to read my first ebook. Mention “Keys to Creation” in the contact form and you will receive 25% off any ReFind You service in addition to your free consultation.

Blessings,

Alisha Bradley

