



A CREATIVE'S GUIDE TO

# AUTHENTIC SELF EXPRESSION

Free one-page guide to boost  
your confidence to use your  
unique gift in the world!

[www.farrahtheresa.com](http://www.farrahtheresa.com)

## 10 WAYS TO NURTURE SELF-EXPRESSION

- 1) Say out loud to yourself **'my voice matters!'**
- 2) **Slow down** today and follow your inner guidance, tune into your **intuition** and listen to yourself.
- 3) Create a **sacred & safe space** to express yourself
- 4) Devote a time to your creative expression **every day**
- 5) Inspire yourself by **trying something new**
- 6) Motivate yourself by **doing something you've put on a bucket list / list of goals** (start small!)
- 7) **Practice when you feel challenged** and practice self compassion
- 8) **Say yes to yourself** and **set boundaries** that allow you to focus on nurturing yourself
- 9) Allow yourself to relax into knowing that **creativity is non-linear** and its okay not to feel inspired; take yourself out and put your work aside when you need to
- 10) **Show someone your work** and see how you feel!

Are you ready to embrace the true  
value of your gifts & unlock your  
creative potential?

Get my ebook  
"Your Voice Matters"  
[HERE](#)

Filled with thought-provoking  
exercises and an inspiring toolkit  
you'll learn to embrace your  
unique perspective & create  
powerful works of art that leave a  
lasting impact on the world.

Your voice truly matters!  
Let's get you HEARD

Connect with me:



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