

# CREATIVE OASIS DATES



*Increase your  
creative productivity  
using friendly accountability*

*Jill Allison Bryan ~ Creative Oasis Coaching™*

## *Look where creativity can lead you*

Let's be real. Your creative projects, passions and pursuits wind up at the bottom of your to-do list more often than you care to admit.

You're not alone.

Whether you want to write, garden, paint, cook, scrapbook, take photos, play piano, meditate or bake ~ carving out time for the creative outlets you crave can be a challenge.

But here's the thing...when you give yourself permission to spend time with your favorite Creative Oasis Moments you feel happier, healthier, less stressed, more confident and fulfilled.

That's good for you and everyone else in your life! But how to make time?



## *Move creativity to the top of your to-do list*

One of the most effective ways you can move creativity to the top of your to-do list is by using Creative Oasis Dates.

This simple, yet powerful technique helps you prioritize and honor your creative time and increase your creative productivity.

In fact, this method works so well that I now include it as an essential component in my all of my one-on-one coaching packages.

Creative Oasis Dates are virtual meetings that provide gentle accountability and a dash of camaraderie to your creative journey.

In the following pages I'll share the very same process I use with my clients so you can benefit from these unique creative dates as well.



## *Make time with a little help from your friends*

Even though you have a strong desire to spend more time in your Creative Oasis...

Even though you feel happier, healthier and more fulfilled when you do...

Even so...it may still be difficult for you to make your creative time happen.

Worse yet, you may feel like you *should* be able to do it all on your own.

Actually, reaching out for support is one of the best ways to strengthen your creative habits.

Use this simple 5-step process with a friend, coach or colleague to set up Creative Oasis Dates and watch your creative productivity and satisfaction grow.

Here's how...



## Step #1 ~ Set The Date

Choose a day, time and length for your virtual creative session and schedule it with your Creative Oasis Date cohort.

The length of your date is less important than making the commitment to a day and time to show up for yourself and each other.

Thirty minutes is a nice, doable amount of time, though you may choose as little as ten minutes and up to an hour at most. (Remember, you want to make it as easy as possible to keep this date!)

What's key is to add the event to your schedule and then honor it as if it were a doctor visit, a child's school play or any other very important appointment. *(Because it is!)*

Adding the date to your calendar and committing to meet with another person will amp up the accountability and automatically give your creative time greater priority.





## *Step #2 ~ Make The Call*

On the appointed day and time one of you will call the other to initiate your Creative Oasis Date. Then you'll briefly share the specific creative experience you plan to enjoy during your date.

This call should take only a minute or two at most. There's no need to go into great detail or discussion. Quickly tell what you'll be doing such as writing, reading, painting, assembling a collage, planting flowers or whatever you choose.

Now's the time you finally get to dive into your creative pursuits rather than just talk about them.

The idea behind the check-in call is to acknowledge and kick-off your special appointment. Also, it's energizing to let someone else know what you're up to creatively.

Once you've shared what each of you plans to do it's time to take the pledge.



## Step #3 ~ Take The Pledge

The implied vow you make to yourself and your date mate is that once you hang up you'll allow yourself to be fully present in your creative process.

You give each other permission to spend the entire date immersed in guilt-free creative flow. The next 30 minutes is reserved solely for reveling in the creative pursuit of your choice.

This means you won't do laundry, check e-mail, make phone calls or give in to sudden urges to clean out the fridge or organize your sock drawer.

*Beloved and time-honored forms of procrastination be gone!*

Your creativity now rockets from the bottom to the top of your to-do list.

Banish all other *have-to-dos*, *really-ought-to-bes* and *shoulds* from your mind. Take a nice deep breath. You, my friend, are ready to begin!



## Step #4 ~ Set The Timer

Set a timer to free yourself from the need to check the clock every few minutes to see how much precious time you have left.

When you give yourself permission to be fully immersed in your creative flow you'll be amazed at your increased productivity.

I've found (and my clients concur) that I accomplish much more during a 30-minute Creative Oasis Date than I would in an entire morning of unscheduled, unfocused attempts to create.

There's something magical about this time ~ free from distractions and devoid of guilt while supported by your accountability partner. It allows you to go quickly and easily into that beautiful creative zone where you lose track of time and feel totally energized in the moment.

Sound good? Well, it's waiting for you anytime you plan a Creative Oasis Date.





## *Step #5 ~ End The Date*

When the agreed upon time comes, the person who received the initial check-in call phones back to end the date.

You can then quickly report how the experience went and perhaps even set your next Creative Oasis Date. Again, this need only take a minute or two.

Once you hang up the choice is yours ~ if your schedule allows and you feel the desire to continue, by all means keep creating.

If you need or want to move on to something else, that's perfectly okay too.

You can feel great knowing that you and your partner have supported each other by holding the time and space to dedicate to your creative productivity.

It's easy, effective and fun. Ready to try it for yourself?



## Next Small Steps

Still need a little help to get started? This is another instance when “Kaizen” (*small steps to continuous improvement*) comes to the rescue!

Use these small steps to further “kaizenize” the process of setting up your first Creative Oasis Date. You can easily do each step in two minutes or less!

- Make a Creative Oasis Wish list of all the experiences you want to enjoy. (Refer to this list to choose how you’ll spend your dates.)
- Make a quick list of friends and colleagues who might like to partner with you.
- Take a look at your calendar and choose a potential day and time to schedule your date.
- Close your eyes and take a moment to imagine how wonderful it will feel to enjoy more guilt-free creative productivity than ever.



## *Jill Allison Bryan ~ Creative Oasis Coaching*

The unconventional methods of Kaizen-Muse Creativity Coaching transformed my life. After years of procrastination and perfectionism I finally had the tools and techniques to amp up my creative productivity with focus and follow-through that helped me to:

- **Write and record my solo CD, “Dancing in Limbo”**
- **Create my CD release event as a silent art auction/concert benefit that raised over \$10,000 for Women for Women International**
- **Train for and run my first 5K and half-marathon**
- **Complete training to earn my certification as a Master Kaizen-Muse Creativity Coach**
- **Found my Creative Oasis Coaching business**

Now it's my passion to share these unique methods with women around the globe to help them achieve the creative lives they crave.

Contact me at [creativeoasiscoach@me.com](mailto:creativeoasiscoach@me.com) to schedule a complimentary session and learn more.



*Written and created by Jill Allison Bryan*



*Jill Allison Bryan  
Creative Oasis Coaching™*

All one-on-one coaching packages with Jill now include Creative Oasis Dates.

For more information about Jill Allison Bryan and Creative Oasis Coaching visit [www.creativeoasiscoaching.com](http://www.creativeoasiscoaching.com).

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