



THE NEW  
**CREATIVE**  
STRENGTH TRAINING

A Ten-Month Course in Compassion, Commitment and Community

Class begins March 1 and ends December 31, 2017.

*How will the course be structured?*

*Each month, we will explore a new aspect of creativity as it relates to daily living.*

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## MARCH

Taking Inventory, Centering, and Setting Intentions

- **Reframe the concepts of creative strength training**, as a set of strategies anyone can use, in any walk of life.
- **Take a personal inventory** through a variety of exercises.
- **Set intentions** for the ten month series by examining desires, dreams, and goals.

## APRIL

The Life Changing Power of Alignment

- Determine alignment by **discovering where what you love to do and what you're good at doing** intersect.
- **Build a strong foundation** for the choices you make.
- **Find your center** and learn how to hold it when faced with disappointment or adversity.

## MAY

Embracing Your Life: Telling Your Story

- **Ground yourself** in the reality that **you are the expert** of your life.

- Recounting your history is a **springboard to insight** you can use to interact more creatively with the people in your life.
- **Develop a new appreciation** of your strengths and face down your perceived weaknesses. **Self-acceptance is worth it.**

## JUNE

Self Care: Choosing to Make and Take Time

- **Practice protecting your time and resources.**
- Get a grip on **which parts of your life are negotiable and which parts aren't.**
- **Make a plan** to use your negotiable time to engage with what brings you joy.

## JULY

Discovering Opportunity Through Limitations

- **Sometimes less is more.**
- **Inventory your possessions** and the purpose they serve.
- **Choose to work with what's on hand** and be released from the tyranny of needing something different, or needing something more.

## AUGUST

Criticism: A Double-Edged Sword

- The **inner critic, the outer critic and the committee** - just a few names of an ongoing discomfort that shuts down joyful living.
- Examining the critic and dismantling the committee - own the source of judgement in your life.
- What can we learn by befriending the critic?

## SEPTEMBER

Community: Building Authentic Relationships

- The key to community—**running the risk of being yourself.**
- **Internalize the power of leading by example.**
- **Accept compassion** and extend it in return.

## OCTOBER

Discipline: A Conscious Daily Practice

- This isn't about resolutions. It's about **showing up.**

- It's about **showing up**.
- Yes, it's about **showing up**. Both fearfully and fearlessly.

## NOVEMBER

Thankful Existence: Your Path to Grace

- Practice rebellious forgiveness.
- Consider the non-trite approach to counting your blessings.

## DECEMBER

Tying It All Together and Making A Plan

- **Summary of the year.**
- Articulating an **action plan for the future**—charting the where, what, when, and how.

### Here's what you'll receive in your Inbox every month:

#### **The Big Picture: Reflections and Conversations**

Essays and video discussions on the month's topic.

#### **Cross Training: Flexing Creative Muscles**

Both left brain and right brain prompts to spur creative thinking and doing.

Video tutorials, including tips on *Developing Your Creative Eye*.

#### **Creative Core: Honoring Your Physical Self**

Recipes, even a few cooking videos—welcome to the kitchen! Plus we share ways to feel more connected to your physical body that have worked for us.

#### **Take Heart: Creativity and Community**

Connect with other members, post photos, share ideas and responses to prompts, and participate in giveaways on our private Facebook page.

In addition to the above, you can look forward to **weekly curated content** including links, articles and quotes related to each month's topic.

## Payment:

We are committed to making our course affordable for anyone who wants to join us. The **course fee is \$165** and we offer several opportunities for savings. Visit [www.janedunnewold.com/cstonline](http://www.janedunnewold.com/cstonline) for more information.

## A NOTE FROM JANE:

*The focus of the original CST was artist based.*

*Since I believe all living things evolve, translating the concepts of the original CST into a broader program for all people made perfect sense to me.*

*So here's what we've done—morphed the ten-week program into a longer and broader version that will allow people to take their time, choose their level of participation, and do it for a really great price, and have some fun.*



*I am thrilled that Zenna will be collaborating with me on this project. We'll both be writing and filming, which will bring the perspectives of two ages together. I know you will enjoy getting to know her as well as you know me.*

*We are committed to offering a serious, playful transformative ten-month program with many opportunities for growth and discussion.*

*Seek the strength, creativity and compassion that is already at the core of who you are. And do it in an atmosphere of support and enthusiasm.*

*Together, all boats rise!*

## COMPUTER AND BROWSER RECOMMENDATIONS

- Reliable internet access, of course!
- Google Chrome, Firefox or Safari are favorite browsers and run smoothly with our website.
- In order to participate in the group forum, a Facebook account will be required. We understand there are varied feelings regarding social media. Everything shared on Facebook will be in a closed and private group, and although we highly encourage being active in the online community, it is certainly not required.

### Additional Software Requirements

- Adobe Acrobat Reader (<http://get.adobe.com/reader/>)
- *Or similar software on mobile devices that allows for viewing of PDF documents.*

**Questions? Write Zenna at [zenna@janedunnewold.com](mailto:zenna@janedunnewold.com).**