#### THE AIME KNOWLEDGE EXCHANGE

CREATIVITY IS BORN.
AUTHENTICITY IS A DAILY
CHOICE

SARAH ROWAN – AUSTRALIA'S TOP FEMALE SPEED PAINTER





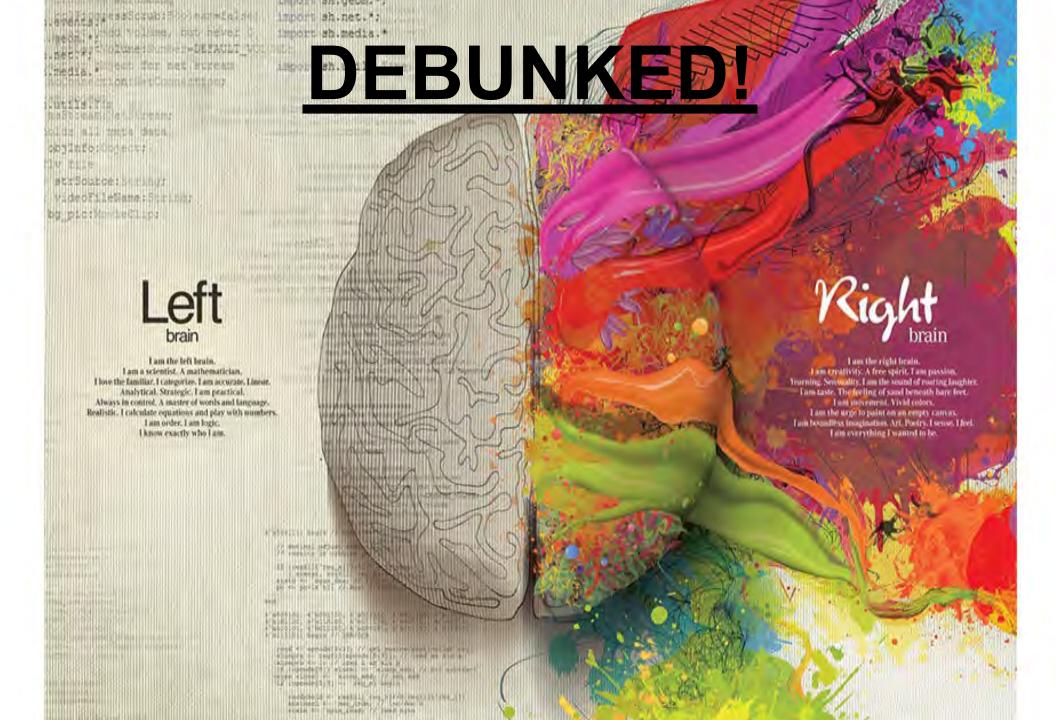
## SARAH ROWAN













Q: What is creativity?

A: The relationship between a human being and the mysteries of inspiration"

Elizabeth Gilbert, Big Magic

# Creative Living is when you live a life driven by **curiosity**...not fear.





"Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen."

-Brené Brown



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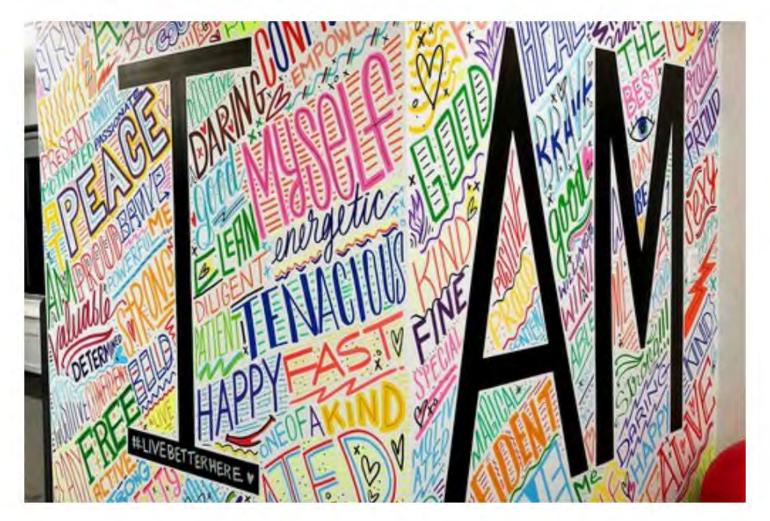
#### Reconnect

re-establish a bond of communication or emotion



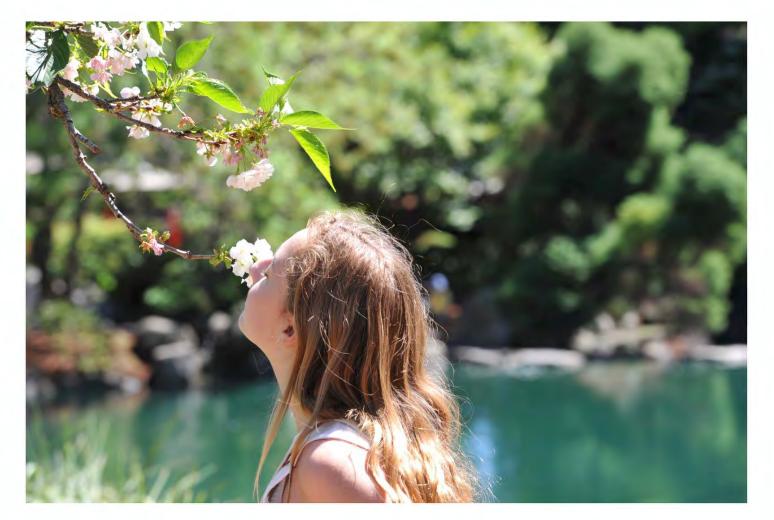
#### Rebalance

restore the correct balance to; balance again or differently



### Realign

to put something into a new or correct position



#### Refuel

to supply again with fuel so you can continue your journey





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