

THE AIME KNOWLEDGE EXCHANGE

CREATIVITY IS BORN.
AUTHENTICITY IS A DAILY
CHOICE

SARAH ROWAN – AUSTRALIA'S TOP
FEMALE SPEED PAINTER

SPONSORED BY



SARAH ROWAN





**CREATIVITY is a born
talent.
AUTHENTICITY is a daily
choice.**





DEBUNKED!

Left brain

I am the left brain.
I am a scientist. A mathematician.
I love the familiar. I categorize. I am accurate. Linear.
Analytical. Strategic. I am practical.
Always in control. A master of words and language.
Realistic. I calculate equations and play with numbers.
I am order. I am logic.
I know exactly who I am.

Right brain

I am the right brain.
I am creativity. A free spirit. I am passion.
Yearning. Sexuality. I am the sound of roaring laughter.
I am taste. The feeling of sand beneath bare feet.
I am movement. Vivid colors.
I am the urge to paint on an empty canvas.
I am boundless imagination. Art. Poetry. I sense. I feel.
I am everything I wanted to be.



“

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.

Where
the magic
happens

...

Your
Comfort
Zone





“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



individuality Real accurate Ownable
EFS TRANSPARENT COOL
AUTHENTICITY
Genuine INITIATIVE Honest
reliable Values AUTHORATIVE



Reconnect

re-establish a bond of communication or emotion



Rebalance

restore the correct balance to;
balance again or differently



Refuel

to supply again with fuel so you can
continue your journey





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