

Bookclub: Big Magic

In the book, *Big Magic*, author Elizabeth Gilbert muses on the process of creativity and encourages us to do our creative work without drama or pretense. She suggests that our fears and high expectations are holding us back from actually putting out our work and selves into the universe but that when we do, it might (though it isn't guaranteed) reward us, and at the very least, it will make us feel more whole as humans.

She suggests that by finishing our work, good or bad, it frees us up to do more work and to grow. She also steers us toward calling our work "experiments" and not taking it too seriously, to instead, enjoy the process and have fun with it and only then will the universe reward us with more creativity because it sees that we are actively working on it but not too caught up on the outcome. She reminds us that the outcome is never as fulfilling as the process itself.

She has a very evolved and inspiring perspective on ideas and how they live in the universe for anyone to take and that we should just let them go if we haven't pursued them - sometimes they are not meant for us anyway and clinging to that notion only holds us back.

The book itself is a short read but I highly encourage you to listen to it (if you haven't already) because she reads it personally and her delivery really helps drive her messages home.

Elizabeth authored the wildly successful book *Eat, Pray, Love*, a memoir about traveling and finding oneself. Elizabeth has since made wild leaps of faith and choice and shown herself to be very brave in the pursuit of a happier and more authentic life. A few years ago, she came out as being in love with her best friend who had stage 5 cancer, then married her, to have her friend die shortly after.

She has a podcast where she is open and vulnerable about lots of things.

BIG MAGIC PROMPTS

Contemplate on these ideas in the book. At our next in-person class we will talk through some of these ideas. Use the following page to jot down some of your thoughts.

01

How would your life look different if you prioritized your dreams over your fears?

02

What are your superpowers and how can you use them more often to better serve you and others?

03

What does society say success is? What does it actually look like to you?

04

What brings you joy?

05

What is one small step you can take toward a dream today? What is another you can take after that?

06

What is working? What are you grateful for?

BIG MAGIC PROMPTS

Contemplate on these ideas in the book. At our next in-person class we will talk through some of these ideas. Use the following page to jot down some of your thoughts.

07

How would your life look different if you prioritized your dreams over your fears?