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|  | Next Generation Coaching & Consulting, Ltd  *Dr Amina Aitsi-Selmi*  *Create your world*  [*http://www.doctoramina.com*](http://www.doctoramina.com) |

**THE MODIFIED DISNEY CREATIVITY STRATEGY**

*Believe it and you will see it.*

As you define your vision for the next phase of your career and life, use this exercise to reconnect with your creative, imaginative side while honouring the critical and “realistic” sides. You can isolate the latter two as a particular voice(s) with its own tone, vocabulary and beliefs.

If the critic has had the main share of airtime, you’ll need to put it in a supporting role and encourage the dreamer. You can do this through inner-dialogue and written self-reflection as well as by engaging in relaxing, creative and/or fun activities. You may wish to revive creative interests that you enjoyed in the past or engage in new ones!

## START WITH NEEDS

Acknowledging your needs and which strategies you are using to meet them will give you more clarity about what you want to keep doing, change or drop altogether. It will also make room for your dream to grow.

What are your top two needs and how do you meet them? Choose from: safety; challenge; significance; connection; growth; contribution.

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| Need 1:  Current strategies:  -  -  Need 2:  Current strategies:  -  - |

## THE DREAMER(S):

What’s the biggest dream you could have for you life and career at this stage? If you had a realistic magic wand, what would things look like in a year? Make it bold, colourful, beautiful!

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## THE REALIST(S)

What’s the tiniest step you can take towards this big dream? Start small and allow yourself to write down whatever comes. If you had 15 - 30 minutes each day to devote to your big dream, how would you use that time?

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## THE CRITIC(S)

What might not work? What obstacles might get in the way? You might also think about how you can set yourself up to win (changes to your current activities, habits and places + support)?

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For more information, contact Amina Aitsi-Selmi on **amina@doctoramina.com**.