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YOU'RE ALWAYS CREATING.

Creation isn't a switch you flip on when you "get it together." It's *always* on. You're a living loom, weaving your state of existence from threads of thought, attention, and emotion. The question isn't *if* you're creating; it's how *consciously* you're doing so.

JOURNAL PROMPTS

- What am I *unconsciously* creating, this very second?
- Where do my automatic thoughts take me most often—toward hope or fear?