



## Create The Leap Kickstarter E-Course

---

### **Take the First Steps to Envisioning the Life You Want.**

This free 8-day jumpstart email course is designed to guide you through the first steps to clarity and confidence in manifesting the lifestyle you desire from your creative work.

By Ashley J. Long  
[www.createtheleap.com](http://www.createtheleap.com)

## Message From Ashley

Whether you're just starting out or you've been trying to start a business with your Creative work for years... confidence, creativity and patrons are the lifeblood of your business!

Yet if you're like so many I've met, (and how I was!) you often find yourself saying...

"I just want to create! I don't know how to market my work...nor do I want to take the time to learn all the extra stuff to do it!"

I know how frustrating it is to have a big dream, a deep desire to share your work with others and to want to feel confident that it matters and to create a prosperous lifestyle because of your work...but you don't know where to start.

That's why I put this kickstart guide together for you.

**You're about to discover some of the most important first steps to some of my very best stuff on how to *forget marketing* and start connecting...to your power, prosperity and the purpose of your creative gifts.**

The steps I'm going to share with you are what turned things around for me.

Put these into action and you'll immediately line up the stuff that allows doors to open for you. It creates the momentum you need to stop trying to 'figure it all out' and start being the amazing Creative you are – the Creative who gets to share your work, and get paid for it. I help you to manifest your Creative Gifts Life.

This starts with several worksheets followed by emails that take the information deeper for you.

Enjoy! And let me know how it goes. Connect with me on my Facebook group: [www.facebook.com/groups/createtheleap/](http://www.facebook.com/groups/createtheleap/) or drop me a note at [ash@createtheleap.com](mailto:ash@createtheleap.com)

Happy Creating!

Ashley



**PS: Want more help on how to have a prosperous career you LOVE with your Creative Gifts?**

With my Manifesting Your Creative Magic program, I meet you where YOU are. My program gives you personalized, private coaching and the information and support to help you either launch or uplevel your creative career.

Ready to get started? Find out more about how I can help and enjoy a free 30-minute Manifesting Your Creative Magic session with me:

<http://www.createtheleap.com/free-session>

**I am passionate about empowering struggling artists to gain the confidence, clarity and cash they desire from their creative work.**

**Here's why...**

I've always been a creative. Visual art, writing, music and dance were my passion, but I grew up hearing what most of us hear: "Forget it, you can't make any money at it."

I've also always been a believer in bucking the system and thinking outside the box. I applied that to my years of trying to earn a living with my art. I thought if I just tried enough "new" ideas, I'd find one that finally made it.

But, I failed, and failed. Was it because my ideas were bad? No...but I didn't know that.

Then my life was turned upside down when my marriage suddenly ended. I'd been working on a novel and studying the craft of writing for six years. I had to find a J-O-B and figure out a new life fast.

As scared as I was, one thing remained strong within me – I refused to go find a regular 9 to 5. In the months that followed, because of my study of the ancient system within the deck of playing cards, I discovered ME. I asked the Universe to please show me what I was supposed to be doing that allowed me to do what I loved – teaching and working with the topics of manifesting and creativity.

When I finally did what you'll be learning in this guide, the lightbulb went off for me. The doors opened and I clearly saw what I was to do. I was given a message from my Spirit about what Creatives had - innately- that they could use to END the ridiculous belief that artists can't make any money.



I put it into practice in my life and things changed quickly. I thanked the Universe and declared that I would make it my mission (with immense pleasure!) to help other artists, because YOUR work, dear Creative is VALUABLE!

## **IT IS TIME!!**

I passionately believe that the world needs your visions, ideas, stories, songs, poems and creativity. Your creativity are the seeds of our evolution. And there is absolutely NO reason why Source would hold you back or not support you in creating the lifestyle you desire. After all, Source IS creative energy. IT is what keeps all of us moving forward and IT does that THROUGH YOU!

Why do we have the belief of the starving artist? And how can you offer your gifts if you can't earn a living from it? Why have we sustained this belief for so long? This has never made any sense to me.

The predominant masculine energy has kept us limited and believing that creativity isn't financially viable. I believe that we are experiencing new energies and changes – to balance out the pervasive masculine/competitive energy with the feminine/creative energy.

How would the world look if more of you could actually share what you want to share? What if the impact of your gifts could actually occur?

Why would Source deny this?

Source doesn't. It just delivers what we believe in and we've been believing in this lack and struggle far too long.

I believe a big part of the healing needed in our world will be through the creative gifts that are longing to be shared by people LIKE YOU.

And the more fulfilled and inspired your life is, the more you can express and give.

It excites me to no end to think about all the amazing work Creatives could be sharing once they realize that they hold within their natural gifts one of the absolutely most powerful tools in manifesting:  
**IMAGINATION.**





## Are You Ready To Get Started and Stop Struggling?

Awesome!

The first thing I want to share with you is something one of my amazing coaches shared that changed everything for me:

---

*If you have a desire to be, do or have something, then the WAY for you to achieve it is already there for you.*

---

This is based on the spiritual Law of Polarity.

The Sufi poet Rumi reminds us, “*That which you seek is also seeking you.*”

I’ve heard many successful people being asked what one thing made the difference for them. Never was the answer about how they did their ads, or their website, or their social media or even who they knew. Every single one of them said it was that they saw what they wanted *clearly* and knew with *confidence* that they could have it. And they refused to let what others said or thought interfere.

The biggest factor in your success must start with a VISION of what you want.

You can do a lot of things to produce cool work then go take the traditional marketing steps and try to ‘sell’ it. You might succeed. But the odds are low unless you first know exactly what it is you’re after – what your work is really all about and what you want in return for it.



If you have an idea that won't leave you alone, it is your passion and you feel strongly it is what you must do - know this: It is there for a reason. It is there because it needs to be shared. It is there because someone wants and needs it.

People want what you offer and are willing to pay for it.

You might be asking, “OK then, how do I find them? How do I get my work seen?” Keep reading...

In this kickstart guide, you’ll take the first most important steps – steps that most don’t know to take or overlook as unimportant.

When these steps are taken and activated then the other stuff – the technical, or the “promotional” stuff - shows up for you (which is part of the WAY that is set up for you because you have this desire).

To make sure you have a solid foundation that will catapult you into that WAY that is set up, you need to know exactly what you want your Creative Gifts Life to look like.

**The very first thing to look at are your Core Values.**

## **What is a Core Value and Why Does This Matter?**

Our core values are the essence of our soul and what we live by. They are our inner compass and what makes us who we are authentically. But many of us don’t even know what our core values are! I didn’t. Even when I referred to ‘my values’ I didn’t really get what that was. But when I did finally get it...wow, what a difference that made! It allowed me to have that thing that acts as my litmus test, my jumping off point, my foundation from which I direct all of my actions.

And the fact is, when you know clearly what you want, nothing can block you!

## **Why do we need to know our Core Values?**

If we have a goal that opposes a core value, we will block that goal or at the very least subconsciously sabotage its arrival in our life. This is because it goes against our very nature at a soul level.

(A house divided cannot stand!)

When you want to create a vision for your life, knowing your core values lets you make sure that what you want, is truly what YOU want and in alignment with who you are.

## Why do we not know our core values?

Sadly, most people don't even know what their core values are. We weren't taught to know what they are and we tend to live via the values of our parents, culture, peers or religious training. We go along living and making decisions not based on who we are authentically, but based on some outside belief or perception, or expectation of others.

When you know and adhere to your own core values, they direct your decisions and what you really want in life comes naturally.

But if a dream conflicts with your core values, it's going to oppose your energy and resources, and ultimately cause setbacks and obstacles in your progress.

There can come a point when we are living by the core values of OTHERS and we don't even know it.

The problem with this is that we can pick a goal based on the value of someone else and throughout the process of trying to obtain the goal, it is like beating ourselves up. Things just don't come together or work. One of the reasons is usually that the goal is actually AGAINST our own CORE values. But we don't even realize this is happening!

I have a friend who did what she thought would make her parents happy and worked to enter the corporate world. She struggled and even got sick trying to succeed. Then she realized that was not HER goal and that creativity was one of her core values. She walked away and is now making music and everything has fallen into place with ease and joy!

Once you know what your authentic core values are, you can create a desire that is in alignment with them and everything within you (and the Universe) conspires to make the way for you to GET TO THAT GOAL!

Knowing your core values is a big step in setting up a foundation for all of your promotional work for your Creative Gifts. How to do this will be in the upcoming emails that will follow this worksheet.



## How to Discover YOUR Core Values

You'll start by making some lists using the questions below.

- Start by writing down a list of positive traits that represent you as an individual.
- What do those people you know best frequently admire about you?
- What compliments do you get often?
- List things that you exhibit naturally in your daily behavior, and that you feel define who you are. (Always encouraging, seeing all sides to things, spreading cheer, etc.)
- What kind of person are you? Are you a loyal person? Are you a free spirit? Do you exhibit responsibility and integrity? Write it down.
- What is super important to you? Adventures? Education? Family? Creativity? Think about what really matters to you in terms of what drives you in your life.
- What words represent you? Loyal? Ambitious? Calm? Intuitive? Risky?

Write down all that you feel fit you.

If you have a hard time thinking of things, go about this from the other side. Think about the things you really dislike in others. Then see if its opposite is what you aspire to. That would indicate a value important to you.

### Go Deeper Now

Instead of just listing single words, think about actions you do a lot, such as: Always reaching out to others, or going the extra mile at work, or helping the underdog.

The key in creating this list is to make sure it is what you really love and do **naturally**. This isn't about what *you think you should do*, or what you do because it has always been an expectation from others. (That is the stuff we live that isn't a core value!)

---

*A value drives you. A personality trait is who you are and how you address your values.*

---

## **Go a Step Further**

The next exercise is about asking what others see in you.

Exercise: You are going to ask three different groups of people to help you in finding your core values.

1. Friends: Ask a handful of your friends: “What do you think I stand for?” Write down their various comments.
2. Colleagues: The people you work with see a side of you that maybe friends don’t see, and vice versa. Ask some of your co-workers what they think you stand for, and write their answers down.
3. Family: No one knows you better than family! Ask some family members what they think you stand for, and write their answers down.

Once you receive your answers, what sort of responses did you get? Did any of their replies match what you wrote down? If so, highlight those.

You might be surprised at some of the responses. Sometimes others see an aspect of us that we aren’t aware of because we do it so naturally.

It can be the unexpected answers that tell you what your core values are!

From the responses you got, was there a theme?

Did a few people say the same thing?

Did someone say something that made you say, “Ah! YES, that is ME!”

- Make a note of any reoccurring words and any that stood out for you.

### Last Exercise:

Below is a list of words that represent some core values. This list is by no means ALL the core values there are. What each individual defines as their core values is unique to them. But this is yet another way to uncover what you might not have been aware of within yourself.

Get comfy, take a few deep breaths and read over the list. Put a check mark by any and all words that you love—words that represent you. Don't take the time to think it over, go with your first instincts. Remember, these are NOT what you feel you *should be*, but what truly feels important to you.

Accomplishment	Directness	Honesty	Recognition
Accuracy	Discovery	Honor	Respect
Acknowledgement	Ease	Humor	Resourcefulness
Adventure	Effortlessness	Idealism	Romance
Authenticity	Empowerment	Independence	Safety
Balance	Enthusiasm	Innovation	Self-Esteem
Beauty	Environment	Integrity	Service
Boldness	Excellence	Intuition	Simplicity
Calm	Fairness	Joy	Spirituality
Challenge	Flexibility	Kindness	Spontaneity
Collaboration	Focus	Learning	Strength
Community	Forgiveness	Listening	Tact
Compassion	Freedom	Love	Thankfulness
Comradeship	Friendship	Loyalty	Tolerance
Confidence	Fun	Optimism	Tradition
Connection	Generosity	Orderliness	Trust
Contentment	Gentleness	Participation	Understanding
Contribution	Groundedness	Partnership	Unity
Cooperation	Growth	Passion	Vitality
Courage	Happiness	Patience	Wisdom
Creativity	Harmony	Peace	Wonder
Curiosity	Health	Presence	
Determination	Helpfulness	Productivity	



Write down what words you checked off. Now, go back over them and see which ones are the absolute MOST important to you. Circle them.

Make sure they're the ones that you feel represent you the majority of the time, verses some of the time.

Think back a few years - even into childhood - what mattered to you the most?

### **To Find Your Five Main Core Values**

- Look over what others said about you, what you wrote down about yourself and what words you checked on the list.
- With the ones that were the same, or had a similar theme, write them down.

Now, give yourself a few days to think about what you have written down. See if it feels right, if it feels like YOU.

### **Go back to your list and narrow it down to just FIVE.**

We can have more, but for the sake of defining what is absolutely the most important to the CORE of you—pick just 5.

Write them down and pin them up near your desk or where you'll see them each day.

### **Congratulations!!**

This becomes your litmus test for all decisions and to help you with your big vision and goals. Every time you create a vision or goal, you'll want to check to see if it is in alignment with your Core Values. This alignment process will be in the upcoming emails.

Note that we can change our core values over time. Or, one that was super important has lived its purpose and we give birth to a new one, as we are always changing. At different phases of our life, certain core values will be the featured value we live by, but it might not be as prominent in another phase of our life.

*Change is a constant - Check in once in a while with your list to see if something has changed.*

**Now that you have your list of your 5 main Core Values, the next worksheet is going to dig into another very important step.**

There is a tipping point in every success story. Something shifts inwardly that sets off an outward chain of events. These events are what successful people might call *how they got started*. Or, what happened right before they experienced success.

**What creates this tipping point?**

*When what you truly want is felt by you in such a real way that you can clearly see it and it is also in complete alignment with who you are.*

**You become the professional creative you desire even if you haven't sold anything YET.**

*You just KNOW who you are and what you'll be doing, and it makes you super excited!*

**Sounds easy, so why hasn't it happened to me?**

One of the reasons this never happens to some is because they don't take the time to envision what they really want. Like me, they might say, yeah, I see my book on the bookstore shelves...or, yeah, I see my pictures on the walls of the art gallery.

But, something else sneaks into that: doubt, or the old voices saying, yeah, BUT.

Or the image doesn't go any further. They don't look beyond some basic notion of what they think the life of an artist is like. Or, they have pre-conceived ideas about the life of an artist – you know, the STARVING artist perspective, so the image becomes clouded with all of that.

Guess what? No tipping point occurs.

The truth is that you can have whatever life (as an artist) you WANT. There are NO rules (just old beliefs that don't belong to you) about what that life looks like.

Forget all of it. YOU get to decide how your life as an artist will feel and be!

To get you started with creating the vision you want, here is another worksheet.

Before you begin the process of creating a crystal clear VISION for your Creative Gifts Life, you want to check in on a few topics that will help you clarify your

vision. Go somewhere that is comfy where you won't be disturbed and just let yourself daydream to answer these questions.

Take your time with this, even if it means thinking on the questions as you go about your day. The most important part of asking these questions is to allow *what you believe* about these topics to surface.

1. What one thing would you absolutely love to be able to do within a few years?
2. Pretend that your work provides you enough financially to relax and enjoy-how would that feel to you? What did your body do after you read that?
3. What extra things would you do because you have the means?
4. What would your day look like if you knew exactly what to work on each day to bring you the exact results you want?





10. Someone emails you and says, 'I found your work through (fill in the blank) and I was moved.' Have a conversation with them in your mind. What is said?

11. Write down 3 things that you'd change in your life if you had the income you desire from your creative work.

12. If "Money" was a character in a story of yours, what would he/she look like and how would they behave? (or, an image, song line or sound)

What are your next steps? Be sure to watch your email inbox for some extra tidbits that help you take your answers to the worksheets and continue to create your VISION!

Come join us on Facebook in the Create The Leap group:

<http://facebook.com/groups/createtheleap>

Or drop me a line at: [ash@createtheleap.com](mailto:ash@createtheleap.com)

You've started an exciting journey with these few steps...I'd love to help you continue!