



# “Journey to Joy”

**Living a creative Life**

**A workshop**

to establish firm foundations,  
giving your creativity a healthy start

**2. Preparing the soil**

Personal development

Your mind is a garden,  
Your thoughts are the seeds.  
You can grow flowers,  
Or you can grow weeds.

Unknown

# “Journey to Joy”

## Living a creative Life

### 2. Preparing the Soil



A workshop  
to establish firm foundations,  
giving your creativity a healthy start

This is the second of a series of workshops, each one building on the previous. It is designed to assist you to use your creativity freely and joyfully.

We will remember how we experienced our childhood, the way we played and who and what influenced us. We will talk about choices, loving our uniqueness and explore our gifts, talents and achievements.

Hi, my name is Petra Daecke.

I am an artist, and landscapes are my favourite subjects to paint.

I also write poetry, which usually is inspired by nature and accompany many of my paintings, adding another element to the visual experience.

This is about seeing the world around us with different eyes, how it can stir our imagination and inspire a myriad of ideas, and how we then can communicate what we envision in our own unique way.

In short, it is about adopting a creative lifestyle and living a happier life.

Creativity is not just found in art, but it is operating in everything we do.

**Dig deep!**

**It will be healing and worth the effort!**

### Topics we will cover:

Where are you now?

Where did your effortless childlike creativity go?

Family conditioning and beliefs

Unhelpful communication

The power of choice

Loving our unique self

Self-worth

Self-love

Belonging

Gifts, talents, achievements

Confidence

Power versus might or force

### Practical exercises in:

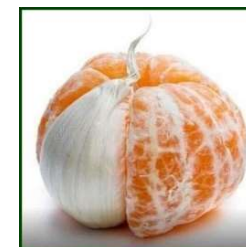
Examining your birth family

Changing your perception

Acknowledge your gifts

Celebrate your achievements

Remembering moments of courage



Just because you fit in  
doesn't mean you belong there!

Workbook and all materials provided

Bring your own lunch

Venue: **Royal Queensland Art Society**

Address: **25 Broadbeach Blvd.  
Broadbeach**

Date: **Saturday 8 March 2025**

Time: **9am – 4pm**

Cost: **\$195**

Contact: [petradaecke@iinet.net.au](mailto:petradaecke@iinet.net.au)

