

Conjuring Up Courage

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Featured this episode: Shohreh Davoodi & Krista Kankula

Shohreh Davoodi: You are listening to episode #98 of Conjuring Up Courage. If you don't think of yourself as a very creative person, or if you want to make more time for creative pursuits, then this is the episode for you. Today I am chatting with Krista Kankula, who is a creativity facilitator and coach. She and I talked about barriers to creativity, such as mindless scrolling, how to prioritize creative practices in your life and get inspired, and the big picture of creativity that extends beyond the individual.

To access the show notes and a full transcript of this episode, head to shohrehdavoodi.com/98. That's shohrehdavoodi.com/98.

[Music plays]

This is Conjuring Up Courage, and I'm your host, Shohreh Davoodi. As a self-trust coach, I help people come home to themselves, so they can be more of who they are and less haunted by who they think they're supposed to be.

I created this podcast to celebrate what's possible when you commit to being brave. You'll hear from diverse guests who are refusing to let fear and self-doubt stop them from building fulfilling lives and creating a better world for everyone. I'll also teach you my favorite tools, strategies, and mindset shifts so you can do the same.

Consider this your invitation to stop living according to "shoulds" and to step into your motherfucking magic instead. Stay open, get curious, and let's grow together.

[Music fades]

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Hi Krista! Thank you so much for being here today. How are you doing?

Krista Kankula: I'm doing really well. I'm so excited to be here and chatting with you today.

Shohreh: Yes, me too! So tell me about your own creative journey and how it led you to becoming a creativity facilitator and coach.

Krista: It was quite a windy one, and in the last few years, I've had to really kind of reclaim all these different experiments and trying things out as my story and really like own that. 'Cause it's something for a bit I definitely carried a lot of shame around, like why didn't I just figure this out sooner [light laughter] and get to where I am sooner and all of that.

Shohreh: I've thought that so many times in my life, for the record [laughs lightly].

Krista: Oh, good. I'm not alone [laughs lightly].

Shohreh: You are not alone in that.

Krista: [Laughs lightly] That feels so good. So yeah, where a lot of the seeds kinda started was when I decided to start a five-day painting challenge. And at the time, I was working full-time in a fundraising position, I was training for a triathlon, I was coordinating a festival on the side. And my life just felt so structured, and there were all these spreadsheets, and goals, and metrics, and like, so much pressure to perform and to hit these things, and I was very like stuck in perfection and just very stressed out.

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So, I saw this five-day painting challenge, and I was like, you know what? I'm gonna give it a go. And that evolved into like a 30-day one, and then participating in the hundred-day project. And what painting really gave me was just this like space, this breathing room to connect with myself, to just play and not have to worry about creating anything that anyone else liked or turned into anything more, and just really helped me with a lot of those perfectionist thoughts and the stress that I was experiencing in my life.

And the more I shared my art, the more conversations I would start having with people about, that's so cool! I've always wanted to try that! I would love to paint. Or they would say things like, you know, I have all these ideas of things I wanna create. And that just really stuck with me and made me feel really connected to them and also, really, like, alive. Like there was something there about hearing their excitement of what they wanted to create, this desire that they also had to express their creativity.

Eventually I decided to host my first workshop using the skills I'd learned in painting and just wanted to create this space for people to create, and just play with the paint, and make a mess, and let go of it having to turn out a certain way. And also to start a conversation about what a creative practice could look like for them so that they could start taking some of those ideas and that urge they had to create and turning it into something more.

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So that first workshop was called "The Art of Making a Mess." There was three people there, and I still get really like warm and fuzzy [laughs lightly] when I think about that experience.

Shohreh: Aw.

Krista: Because for me it really felt like really resonant, and important, and meaningful, and felt like okay, I'm onto something here. Like, there's something here for me, and I feel like I can really do a great job of and contribute something to the world. And so it snowballed from there.

One of the participants in that workshop hired me to come to her retreat and then referred me to another retreat. And then I started hosting these workshops and then decided to start my business, Revel in the Mess. And initially I was doing copywriting/content writing services and creativity workshops, and I've stopped offering the content writing/copywriting over the last few years so that I can completely go all in into being a creativity coach and facilitator and really focusing on that.

So lots of different experiments [laughs lightly] and trial and error in between, but yeah.

Shohreh: I love how it was your own journey back into building creativity into your life that made you really see the value of that and also how it could then help other people.

Krista: Yeah, exactly.

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Shohreh: I think so often with a service work like I do or like you do, you know, our own experiences really inform the work that we end up doing. Because we are out in the world, we're seeing these different things, we're finding healing modalities, and we realize, wow, if other people [laughs lightly] could have this, that they would be better off as well. And so I'm always a fan of the student-to-teacher story because it's my own story as well, and I think it's a very powerful one when you have your own personal experiences with something that you can then share.

Krista: Yeah, absolutely.

Shohreh: So, on your website, you talk about trading in scrolling and consuming for creative practices. And I would love for you to talk a little bit about how mindless scrolling on our devices can be a barrier to creativity and also maybe some of the other big barriers that you see with clients.

Krista: So the mindless scrolling is definitely one, and I've caught myself doing it too. And sometimes we do it because we're feeling inspired by some things, or maybe that's where we've found some inspiration before, and so it can be a little bit tricky. But, you know, when we're caught in that like mindless scrolling and we're not doing it from a place of like, intentional connection, or sharing, or creating, we can be using that time to explore what is it that I have a craving to create now? Or just using that space to let ourselves play, and use our imagination, and make things with our hands—like put our phones down and like use our hands to make some things. Or use other elements and parts of our body to make things.

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So, the mindless scrolling can definitely be one. Another barrier that comes up with clients a lot is they have so many ideas of things they want to create, and it's like, where do I even begin? [Shohreh laughs lightly] And what do I do with these ideas? And some of the ideas I've had for a really long time, and I'm not sure if there's something still there. So that's another one.

And then sometimes it's like they just have this desire to create, this feeling, like I need more creativity in my life, but I don't know what to do with that. So it can feel a little bit disorienting, like, I've tried things in the past, it maybe hasn't felt supportive or I'm not really interested in that anymore, so what do I do with that?

Shohreh:

That last one's interesting because I was formerly a lawyer before I started my own business, and one of the things that really signaled to me that it was time to leave my job was because I felt like I could not be creative in that work. I mean, there can be some creative aspects [laughs lightly] to lawyering and writing documents. I don't want to say that there aren't any. But I've always been a very creative-minded person, I've done a lot of art in my life, I was a music major in college, and so, I was really missing tapping into those pieces of me.

And, to be clear, it's not that you can't have a job that's not super creative and do other things on the side. But for me, I worked so many hours as a lawyer, and I was constantly just like exhausted and anxious that it wasn't even like I could do that stuff on the side because I did not have like the energy to do so. So for me, it meant like I need to

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leave my job and find something else where either it gives me time to be creative outside of my work, or creativity can be a part of my work.

And I do both. I'm definitely a big fan of the fact that now I do work that gets to have creative aspects to it, *and* it doesn't completely, like, satiate that for me, where I also want to do other projects that have nothing to do with my paycheck, you know?

Krista: Yeah.

Shohreh: I think with the scrolling, too, it's interesting because of course this is something that we all do. And our phones are quite literally designed [laughs lightly] for that—

Krista: Yes [laughs lightly].

Shohreh: —to make it really hard to set down. And I think too, for those of us who need social media for our businesses, it's especially difficult. Because there's this really fine line between oh, I'm using it for work, and I am just scrolling and it's making me feel really crappy.

Krista: Yeah, exactly. It can take a bit to sometimes tune into, like, because it can be so habitual, and you know, social media is designed to be addictive by nature. And so it's like, we can be on it and be like, wait, why am I here again? [Shohreh laughs] What was I doing? Am I here to like connect or post something, or did I just pick up the phone out of habit?

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Shohreh: Are there certain things that have helped you in kind of minimizing some of that mindless phone use so that you have more time for your creative pursuits?

Krista: Yeah. I've gone through different seasons of having it where, you know, I delete the app off my phone for the weekend or just deleting it for a month or two. It's really varied kind of depending on the season I'm in and what I need.

And lately it's been just a practice of making sure I don't pick it up until like later in the day. And also, I think too, giving myself permission to like, when I'm making art, for example, not having to post every single thing. Or not having to like, I've put all this effort into an art piece, and so I get to just give myself permission to post it and not have to put all this effort into how I'm posting it. Or some of those other kind of curational elements of it. Those different pieces have supported me.

Sometimes I've used a timer [laughs lightly] to make sure I'm not on their, like, [Shohreh laughs lightly] mindless scrolling and using different things. But definitely I know that less screen time is good for me, less screen time really supports me having creative space. And something I've been thinking about a lot lately is setting a practice and space to just think creatively. And that might look like just like sitting and doing nothing, and so that's another place where it's like okay, I've gotta be very intentional. Like, step out of my office, put my phone away, and just like make sure that I'm not gonna be distracted or wanting to pick that up when I'm doing that.

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Shohreh: Oh my gosh, isn't it amazing how sitting and doing nothing can really stoke your creative fire—

Krista: Yes.

Shohreh: —and yet we never give ourselves time to do that?

Krista: [Laughs lightly] Yeah, exactly. There's a really amazing book all about that concept called *Bored and Brilliant*. And it talks about the importance of just giving ourselves that like lull and time to be bored. And I really just love being able to like sit and stare out a window, or if it's nice, being outside and just sitting and like watching the clouds if it's a cloudy day. And just, yeah, so many ideas and inspirations can drop in. And if you're someone who relates to feeling, like, or hearing your intuition or inner knowing, you can hear that, you know, certainly more clearly when you're in that space of just like being [laughs lightly] and doing nothing.

Shohreh: I remember a few years back now, I was driving in my car, and I was stuck at like a really long red light, and I just had this like huge idea that I like started formulating in my brain in that moment. And like now I can look at that and be like, well yeah, 'cause I'm always so overscheduled—and this is something I'm working on, I'm not the example for this, listeners [laughter]. I'm trying to pull back and be better. But that was a time where I had nothing else to entertain me, right? Like I'm just in the car waiting at this red light, and then, like my brain was like, lightning strike! Here's the information.

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And so I always think about that when I'm like yes, you need that time, because that is what's actually going to allow your brain to finally give you these great ideas. Any time I find that I'm pushing myself too hard and like searching for the ideas—

Krista: Yeah.

Shohreh: —I realize that I need to like back off a little bit, and usually then they will come.

Krista: Yeah, exactly. Yeah, I can relate to the car experiences too 'cause that's where a lot of my ideas have dropped in. And a lot of people talk about like, you know, they come in in the shower [laughs lightly] or those kinds of moments. 'Cause like our brain isn't like intensely focused on something. I like to call it kind of wandering, and then that's when it allows space for like that idea to come in or that solution of maybe something you're like really trying to think about and figure out.

Shohreh: But if you're like me and you have ADHD, you will inevitably realize that you can't remember if you've already shampooed or already like washed your body, [Krista laughs lightly] and you end up doing it twice.

Krista: Right.

Shohreh: I've done that more times than I can count in my life [laughter]. But you know what? Being extra clean is worth it for the creative information to flow.

Krista: Yeah, exactly [laughter].

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Shohreh: So you already mentioned the word “intentional,” right, in terms of our phone usage, and intentionality is one of my personal and professional values. And I think that one of the things I really love about your content is you talk about the importance of being intentional, particularly with our expectations around our creative practices and the need to view things through this lens of experimentation. And I recently had an entire solo podcast episode on quitting and why people tend to give up so easily, and I think creative areas especially, people tend to turn to quitting and they feel really vulnerable. Have you seen that too?

Krista: Yeah, definitely. There’s a lot of pressure that we can place on ourselves. And I know even from my experience, there were times when I started painting, or even in business, feeling like I had to prove something.

And so sometimes that’s where that pressure can come in, and then it shifts our initial intention, where maybe, you know, we started creating this for our community or clients, or we started this creative practice for ourselves for joy, and then all of the sudden there’s that like, proving pressure there, and so that kind of shifts our intention and it can shift how we feel when we’re creating or dedicating time. And so that may lead to influencing us to like stop doing it because it isn’t feeling so good, or we feel like we’re not living up to that unhelpful expectation we’ve placed on ourselves.

And that’s why I love that—I like keeping in mind an experimental mindset and having a creative practice, ‘cause it’s this like continuum and this opportunity that’s always there for us to just see it as

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continuous learning experiences, continuous ways for us to use our creativity, to contribute, and to just find new ways of expressing ourselves.

Shohreh: Yes, because you so often hear people say when it comes to anything creative, is they're like, "But I'm bad at it." This is the phrase, and I'm like, what does that even mean, really? [Krista laughs] Right? Like what is the subjective, like, judgment scale that you're using to determine that you are "bad" at the thing?

Krista: Yeah, exactly. And I didn't really see myself as creative when I first started playing with making art and using paint. And I always had this identity growing up of like, I'm an athlete, I'm an organized person, I'm like this, but creative was never really in the realm. And when I look back at some experiences that informed me, it's because I had this like very narrow view and was presented this very narrow view of what creativity is, of what art is.

And so often we don't label, like, our problem-solving or using our imagination and thinking in different ways as creativity. And so it's usually present in our lives and we're usually using it, it's just often we don't realize we're using it, or we don't identify that as creativity. And so that can be where we kind of develop those ideas of being bad at creativity and being bad at, you know, making creative things.

Shohreh: Right, there's like two pieces of it. There's bad specific to a thing—so, for instance, like when you started painting, right, if your comparison was to Van Gogh [Krista laughs lightly], then yeah, you're probably

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gonna feel like you're bad because you're just starting out learning something new. Of course [laughs lightly] you're not going to be able to make that comparison. So that's that expectation piece again of like, let's make sure that we're going in with thoughtful expectations about where we can be. Like nobody is gonna be great at things when they first start them.

And so that second piece, which you've mentioned, is how we have this very narrow view of what can be creative. And I have a membership program, it's called Follow Your Arrow, and I often will assign creative practices as part of the deeper dives for different lessons. And I will usually give a list of potential ideas because I don't want people to get stuck in thinking it has to look a certain way. And like some of the things on those lists are like, making a spreadsheet, doing some website coding. Like, there are many different ways to be creative that don't necessarily involve you having to pull out, you know, crayons, markers, and paints.

Krista:

Yeah, 100%. I love that you incorporate that and introduce them to different ways of using their creativity. And thinking about different activities as a way of using your creativity, too. I think that's so important, and like, you know, my memory of like, creativity, and I'm sure a lot of people's, is like, I took art class once in high school and I didn't enjoy it at all; I found it quite boring [Shohreh laughs lightly]. But like, that's all I thought of as creativity and art. And so, like if that's an experience you've had, it's like, no wonder we kind of have this very limited definition of what creativity is.

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- Shohreh:** And it's like, anything that you can play with, that you can experiment with, try different variables, anything that gets you into that flow state, like I consider a creative practice. And that's a lot of different things, and it's gonna be unique to each individual. It does not have to be in the realm of what you would do in art in school, and I think a lot of people don't realize that.
- Krista:** Yeah, exactly. And that's why I think it's so important to have conversations about like what feels creative, what feels playful, what gets you in that state of flow. 'Cause that feels more relational than being like, does this fit in the creative category that I've identified as creativity [laughs lightly]? 'Cause it can really open our eyes and be like, oh, actually, making dinner feels really creative when I get to just like, adlib and not follow a recipe, or planning a trip feels really creative for me, or whatever that is.
- Shohreh:** I know that a lot of people are listening and they're like, yeah, that sounds really nice, but I'm very busy. You know, maybe when I get my life more in order, when I finally get some time on my hands, or my kids are older, or whatever, *then* I will pursue these creative practices. And I'm curious why we should really make an effort to do this, even though we have all this other stuff going on in our lives.
- Krista:** Yeah, absolutely. When we're thinking about the fullness of our lives, and the practical priorities, and where does creativity or having a creative practice fit in, it's really important for us to keep in mind that it gets to be really like customized and based on like, our need and what we wanna create.

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So, if doing something every day doesn't feel like practical or doable, it can be something weekly, or maybe we create a little retreat for ourselves once a month. Or for a business owner, maybe we look in our work of incorporating creativity into things we're already doing. We just get really curious about how that could fit into our lives. You know, if we have kids, maybe we can have like a family creative time together or connecting with friends and making like a little date and doing some creative stuff together. There are ways we can incorporate it.

And I think sometimes when we think of a creative practice, it can feel sort of intimidating and like, oh, is this something that has to be very regimented? And if I don't do it every day, what does that mean? It can look different based on what you need it to. And what I always like to remind people of is like every little bit of creativity counts. So if it's only 20 minutes today, that still matters, and you're still gonna get so much out of that experience, and you're going to feel more playful and more joyful. And those feelings and how you feel is gonna like, spillover into what you do next in your day and the rest of your life.

So, when I first started painting, it was just this like daily thing, and I was just fitting it in with like 10, twenty minutes. And then like different seasons of my life, I've had more space to dedicate a full day to painting or more time every day. And so, just trusting that what really matters is giving yourself the space to experiment with different activities and just fitting it in as you can, and not worrying about it maybe looking [laughs lightly] perfectly, or needing it to be something that's like really regimented. And just trusting that as you give yourself

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more time to create, it'll, like, evolve, and as you land on something that feels really good, and joyful, and playful for you, you're gonna naturally just gravitate to doing that more and more.

Shohreh: I love that you mentioned that this is flexible, and it does not have to look a certain way, and it can be very individual to you and your family. And also, as with everything, there are seasons.

Krista: Yes.

Shohreh: So it may look one way right now, and it could completely change later. And I think that's so important for people to realize. I think, also, speaking to this feeling that we all have, myself included, of like ugh, you know, there's no time, and I'm tired, and I'll do this later, is kind of counterintuitively, it's actually by doing things, like creative practices, that we feel more energetic, that we feel more balanced and joyful in our lives. So even though it seems like I don't have the time, by making the time and actually prioritizing those things, it improves our overall well-being.

And I talk about a concept a lot with my clients called "pleasure first," meaning that—it can literally mean, and some people take it literally to mean, that you schedule something for pleasure first thing in the morning so that you always start your day with that. But it can also look like what you were talking about, where you can just look at your calendar for the week or the month and just be like, I'm gonna pick some times, and these are gonna be times where I can do whatever creative things that I want. And then treating them like appointments

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with yourself, just like any other appointment in your calendar, of like, nope, we're not gonna schedule over that because that is an appointment that I have with myself to do something that feels important to me.

Krista: Yeah, I love that—pleasure first. That's so amazing. And something I invite people to think about is like, how can you have like a station, or some little bit of supplies set up, or some sort of material that's gonna be like that prompt for you to be like, oh yeah, I wanna create, I wanna play with this? And if you can't have a full like room dedicated to it, just having something on a tray or in a basket, and that way it's there, it's like a visual cue. It's like inviting. We wanna like reach for that book or whatever supply it is that we're playing with, and it'll prompt us to be like yes, I wanna create. I wanna spend some time doing this.

Shohreh: Yes, that is an excellent idea. And I am someone who has so many craft supplies. I have like an entire bookshelf and all this organization dedicated to it 'cause otherwise it was very hard to see, which is one of the reasons I wanted to organize all of the things that are in there so that I'm like, okay, everything's really easy to lay out, I know what I'm looking for. But for folks who that is not them, right—maybe they have no supplies, maybe, again, it's been years, or since they were a teenager since they've done creative stuff—where can they maybe start with trying to figure out, like, what they might even want to do?

Krista: Yeah, absolutely. I always invite people to explore what are the things that felt playful when you were a teenager, or when you were a child, if

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those feel like comfortable spaces to reflect on and explore. And see, is there any way you could bring, sort of that activity into your life now?

So maybe you loved playing with sidewalk chalk. Could you get some chalk pastels? Or maybe even you pick up the sidewalk chalk again But just seeing if there's any clues there. Or maybe you loved playing outside and like make-believe, so maybe you let yourself go for walks and just explore different nature spaces in your area. But just see if there's any clues there and give yourself some space to try those activities out, to look at incorporating them into your life.

And also to think about what are those creative cravings you have? These might be things you think, I've always wanted to try that, or they catch your eye when maybe you are on social media, or you hear or see other people talking about their creative outlets. And just, you know, start making a list and sort of gathering these points of interest and giving yourself some space to explore them.

And I think something else that's important when you're in the space of just really like beginning and dipping your toes in is to remember that like, it's okay if you try something once and it just doesn't feel like it's for you. It doesn't mean you're not creative, it doesn't mean anything more. And just like let it all be an experiment. Like, okay, I tried painting. I'm not really sure if it's for me, but I'm gonna try picking up my camera and taking some photos. And just letting yourself experiment and go from there. And you'll probably find the more you dabble in activities that feel creative and playful for you, the more, like,

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ideas and inspiration you'll get. You'll find that like each one's kind of a bit of a seed that leads you to somewhere else, too.

Shohreh:

And I will also encourage if you try something once and you're getting that sense of, this isn't for me, before you completely give it up, to really think about why you're deciding that it isn't for you. Because this is often where the like, "I am bad at this" feelings come up, where like, well, it's not for me because I'm terrible at this thing.

And so again, this is like, looking at expectations and being like, is it that you really don't enjoy it? Which in that case, fine, you absolutely don't have to do it again. Or, are you having some of those negative self-talk issues coming up where you're getting down on yourself for whatever was produced? And maybe even thinking less about what was produced and more about did you like the process? 'Cause that's really where the fun creative stuff lives.

Krista:

Yeah, absolutely, that's such an important check-in to do, like you said. And yeah, getting back to what was the process of it like? What was the experience like? And how did that feel for you?

Shohreh:

I'll also say one of my favorite things to do is to walk the aisles of craft stores [light laughter]. Michael's is my heaven. Not Hobby Lobby, never Hobby Lobby [Krista laughs lightly]. It smells amazing in there, and, like, there's just so much stuff. Like, a couple of months ago was like my first sort of store outing after being vaccinated. And I just literally walked up and down every aisle in Michael's, and it felt so good because I hadn't done it in over a year. And usually I go, maybe, I don't know, like

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quarterly, and it was so fun. And I discovered some gel pens, which brought me right back to my childhood when I would draw and write notes with gel pens, so I picked up several of those.

But I just find that walking around in there, even if you don't buy anything, might inspire some ideas. There's also lots of like kits and things if you don't wanna just start something completely free-flow, where you're like oh, well here's a kit to make this thing. That sounds like something that's a little easier 'cause there are instructions, you know, maybe you're not ready to go on your own. So that's another thing I recommend for people if you're literally like, I don't know where to start, is sometimes having actual visuals can help you be like, oh, that looks interesting to me.

Krista: Yeah, I love that idea! And you get to like touch, and see, and just, yeah, explore and see what catches your eye. That's such a great suggestion.

Shohreh: So something I think is important to mention that I talk about a lot is how creativity goes beyond ourselves, and our work, and our businesses. Like, it's actually through creativity that we can begin to imagine a different and more beautiful world than the one that we live in.

And this is, of course, an idea that is not unique to me—Mariame Kaba speaks beautifully on this, adrienne maree brown speaks beautifully on this. So that's one of the big reasons I think prioritizing creativity is also important, is because the more we let our imagination run and be free,

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the more we can come up with creative solutions to a lot of the issues that we see in the world around us too.

Krista: Yeah, and that's what gets me so excited about the potential of all of us tapping into and using our creativity as well. I read adrienne's book, *Emergent Strategy*, last year, and that really like, just like blew my mind and made me think about how we can use our collective creativity and imagination in really, like powerful, culture-shifting, community-shifting ways to create some really incredible things in our spaces and world for everyone.

Shohreh: Yeah, there's just so much that creativity can offer us on an individual scale, on a group scale. That's another thing I'll mention too, is that if you struggle to kind of just like sit with yourself and do creative pursuits, you can absolutely, totally do this with friends as well. Or like you had mentioned earlier, like with your family or with your kids.

Like, I used to do field trips when I saw in-person clients. And one of the events that I would do would be just like a creativity time where people could come over, and if they had a project they were working on, they could bring it. If they didn't, I had a bunch of supplies and I would put them out. And it would just be this unstructured time to do something fun. But because it was like, oh, I'm meeting a group, I think it felt a little easier for some people to be like yeah, I'm gonna make time for this, and making it social.

Krista: Yeah, absolutely. And finding a community that like, values creativity and shares like similar interests is just really so supportive. And too, I've

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heard of people like combining and teaming up on creative projects. I have a friend who is working with another person, and they're both like co-writing this fictional book together. And I just love hearing about that collaborative process—taking something that could be very intimidating and keep you away from doing it altogether, and figuring out how could I make this a more like, fun, and community project, and something that I actually end up following through with and finishing?

Shohreh:

And we can do this in our work too. You know, speaking of adrienne maree brown, this is a lot of what she speaks about in her book, *Pleasure Activism*, about how can we make our social justice work and the work we're doing in the world as pleasurable as possible and bringing that into our group and community spaces. So I even think about like the creativity that flows when I'm collaborating with someone in a work way, even if it's literally just like, we're gonna do an IG Live together [light laughter]. Or we're gonna, you know, work on this course or this program together. Like, getting someone else in there and their ideas is such a fun way to get that happening.

Krista:

Yeah, absolutely, and have someone to, you know, bounce and build ideas off of. There can be so much energy there, and having different perspectives really feeds our work too.

Shohreh:

Especially for those of us who are solo entrepreneurs, where we mostly work by ourselves, like, I sometimes miss the environment of like having team members or other people that I get to work with. So that's one of the ways that I have brought that back into my work, is finding other people that I can collaborate with. And, of course, the podcast for me

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really fills that goal because, of course, yes, it is for all of you lovely listeners, but I also love having these conversations or I wouldn't do it.
[Krista laughs lightly]

Well, thank you so much for being here, Krista. This was an awesome conversation. How can people find you, and how can my listeners best support you at this time?

Krista: Yeah, so they can find me on Instagram @RevelInTheMess, and my website is revelinthemess.com. And if they want to receive weekly creativity prompts and strategies to bring more play into your business and life, sign up for my newsletter there. Or check out one of my upcoming workshops called "The Possibility Picnic" where we hang out together for an hour and a half, and we use paint, and our imagination, and reflection activities to explore what we want to create and focus on in the upcoming month.

Shohreh: Perfect. I will put all of that in the show notes so it is very easy for people to find. Y'all, I hope this inspires you to go get creative. Maybe we will give a little homework that maybe sometime in the next few weeks just put a little time for yourself and do something creative. It can be for two minutes, we don't care! But do something.

Krista: Yes [laughs lightly].

[Music plays]

Shohreh: And that's our show for today. If you're enjoying Conjuring Up Courage, don't forget to subscribe through your podcast provider of

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[Music fades]