

## How to Harness Your Hypercreativity for Success: The 2 Steps You Must Take Today

What's the secret to harnessing your creativity – your hypercreativity to build the success you crave and know you deserve?

I'm Karen Daniels, 9 time author and founder of karendaniels.com and today I'm going share with you the 2 steps you should take right now - the steps I had to take to harness my own hypercreativity in order to become a top 10 selling amazon author and successful entrepreneur.

I'm going to share these 2 steps and I'm also going to tell you about my upcoming course, the Hypercreative Survival Kit, an easy self-paced course you can use to harness your own hypercreativity so you can finally create the success you crave – the success you deserve.



In this free ebook you will learn:

1. To better understand your hypercreativity
2. Why hypercreativity looks so much like ADHD
3. The 2 steps you need to take today if you are going to succeed
4. Bonus: Hypercreative guidelines

Now onto Understanding Your Hypercreativity.

# Understanding Your Hypercreativity

Have you ever asked yourself,

“How is it possible I can have so many great ideas and still not be very successful?”

Do you feel as if your ideas flow so fast and furious that you can't maintain one direction long enough to achieve the success you want?

Do the ideas in your brain make you feel like this:



When you wish you felt more like this:



Read the below scenario and see if it rings any bells with you:

There you are cranking through your next blog post writing like a fiend and you just know it's going to be a life-changing zinger for your readers.

Then, halfway between the 4<sup>th</sup> and 5<sup>th</sup> paragraph an ~~idea~~ IDEA hits you. OMG! It's an amazing thought. You quickly save your post and hop onto the Google train to search out your new idea. You feel high as new thoughts and ideas hit you fast and furious. You begin collecting info and then you realize the only way you can introduce your idea properly is to create an infographic.

The fact that you've never done one doesn't stop you. You just do a little online reading to learn how and within a short period of time you begin creating your first infographic.

Partway through the first infographic section you try and track down just the right image to insert but it doesn't exist so you decide to create your own. Well, images are not your forte since you're not a designer so you download some free image editing software, find a template.... That night you're lying in bed with a vague feeling of discomfort and thinking, "what did I accomplish today?"

"Well, I did a lot. I got this great new idea, learned how to create infographics, discovered awesome image editing software..."

Then a little voice in your head says, "But you didn't finish your blog post. Again."

You didn't do anything that actually propelled you forward.

Maybe you've never found yourself in that exact scenario but if you "suffer" from tons of great ideas with the apparent inability to truly succeed at something without going crazy with a lot of sidetracking then keep reading because...

...you could have a Hyper-Creative Personality.

Read on to learn how Hypercreativity can appear similar to ADHD.

## **Hyper-creativity has some traits that are similar to ADHD**

Check this out:

*Surprising similarities between the characteristics of those with ADHD and people who are highly creative and inventive has been demonstrated in the last few decades. Creative people are born explorers, temperamentally dissatisfied with the mundane. The traits of inattention, impulsiveness, restlessness, daydreaming, lack of social skills, enthusiasm, hyperactivity, and difficulty in finishing projects are descriptive of successful and creative people as well as “ADDers.” (<http://borntoexplore.org/evolve.htm>)*

Having so many great ideas but being unable to apply them in a way that leads to the success you crave can be more than frustrating – it can be hugely depressing.

**If you are hypercreative and it is keeping you from succeeding, what can you do about it?**

**How can you channel some of that seemingly random creative juice into forward momentum - into success juice?**

Here's the 1<sup>st</sup> step you must take today...

# Self-Help for the Hyper-Creative: Step 1

## Emotional Acceptance

Begin here: Recognize that there is nothing wrong with you

Really. There isn't. I know you feel like there is, but there isn't.

You already know that a lot of the world is not like you. Many people would love to have your "problem" of too much creativity because they spend a lot of time trying to access more of their creativity.

In fact, I've written a couple of [books for boosting and tapping into creativity](#).

You might secretly think there is something wrong with you because you feel like you have no stick-to-it-ness.

You might believe you are a failure because you can't seem to follow through with anything (and people have probably been reminding you of this your whole life).

You might even be worn out with the barrage of damn ideas that seem to come to you, unbidden, at the most inconvenient times like the middle of the night – or in the middle of another project – yet you feel intense internal pressure to pursue the new idea anyway.

Hyper-creativity, like being male or female, is part of who you are and it's okay.

Forget that everyone has been telling you that you need to change.

Or stick with one thing.

Or forget about all those grand ideas and get a real job.

Accepting that you can, and will, use that powerful creative part of you as a force for your own good rather than hating the way you are, is the first step in harnessing your hypercreativity.

Here's the 2<sup>nd</sup> step to take today...

## Self-Help for the Hyper-Creative: Step 2

### Your Goal

#### What your goal is not:

Your goal should NOT be to learn how to put a stopper on your creative flow so you can fit in, learn to love the details and get things done.

So please, stop trashing yourself for being something you are not.

#### What your goal is:

Your goal SHOULD be to learn how to harness your ideas in ways that allow you to better distinguish the ideas with more potential for your life and how to follow through in ways that will vastly improve your success, both personally and professionally.

#### How?

You are going to sit down, right now, and create what you can think of as your hypercreative filter. This will be 3 core questions through which you will run all your ideas to see if that idea is going to help, or hinder, your forward progress to the life and business you want.

To get to your core questions, I want you to sit down right now and think about some adjectives that describe how you would like to feel such as...

lively excited fantastic  
lovely cheerful perfect  
glorious encouraging exuberant calm  
enchanted funny wonderful gentle  
charming energetic thoughtful  
joyous delightful agreeable enthusiastic  
comfortable happy thankful splendid  
pleasant elated amused

Don't stop at the surface – search around for just the right word to express the feelings you would most like to have. The object here is to narrow it down to 3 core adjectives which most describe how you would love to feel. Every day.

Let's take as an example, wanting to feel:

- successful
- thrilled
- inspired

If those are your core words for now (you can always revisit and alter) then here is your filter through which you will run all your ideas:

Will pursuing this idea make me feel successful?  
Will this working on this idea thrill me?  
Will working on this idea inspire me?

The objective here is to begin to build a platform for developing authentic success, success that sings to your soul.

The BIGGEST mistake most people make when setting goals is to set the concrete steps they want to take and then hoping they will feel a certain way.

Have you ever completed a big goal only to be disappointed at not feeling like you thought you would?

What's really going on? Why don't our successes make us feel more satisfied?

The problem comes from our repeated habit of setting goals that are tasks we reach rather than setting goals which are in alignment with how we want to feel.

So, determine how you want to feel and THEN set goals and action steps that fit with that feeling. Doing that will allow you to create a life that makes you the way we want to feel right now.

Then you take those feelings with you as you hit your goals and beyond.

In a nutshell here's how to try out this new method of goal setting:

- Get in touch with your core desired feelings in different areas of your life
- Figure out what you need to do, what goals you should accomplish, in order to feel that way
- Create your action plans around what you need to do to feel the way you want to feel

And to help you refine it a bit, make sure you scrutinize what you've written:

Ask yourself, am I aiming for goals that are really mine? Be ruthless and discard any feeling or goal that is for someone else, anything that is not true to your soul.

Be specific with your words and changing your mind, yes even midstream, is aok.

And if you are a person who longs to create positive change in the world, as most of you are, then as you create a compelling vision for yourself use your filter to tie it all in together.

When you feel alive and how you want to feel you'll surely be able to contribute more positively to the world and those in it, than when you are feeling lukewarm and ho-hum as you check off yet one more task from your list.

Don't stop reading yet! The next section contains 3 Key Hypercreative Guidelines for Success.



# Self-Help for the Hyper-Creative: Step 3

## 3 Key Hypercreative Guidelines for Success

As a fellow hyper-creative I feel your pain whenever you try and limit yourself and your ideas. I feel like I'm suffocating – how about you?

So the trick then is to develop a system for yourself which will allow that constant flow of ideas and still be able to move forward, to complete what you need to complete to have the life and work you love and want.

**Here are 3 key guidelines which will help you do that:**

1. Understand that you don't have to try and monetize every idea. An idea can just be an idea to think about for fun. Really. But give yourself some form of expressing all those ideas – you can use something like Evernote or other software that allows you to free form ideas. You might find that just writing those ideas down makes you feel less panicky that you'll have to give something up.
2. Don't use the bulk of your productive time on a new idea. Write the idea down, or express it however you decided in #1 and then let it germinate. Do just enough research on the idea to satisfy the urge but set your own limit – 1 hour per day? 1 day per week? 5 minutes every time you get an idea? You must set this in a way that works for you but still allows you to keep moving forward with the work you have to complete to make a living or to be fulfilled.
3. Set the amount of time which must pass before you can move the exploration or development of that idea into your productive time. If you keep coming back to an idea for a few months and it passes through your filter chances are good it might be a good idea for you to develop into something more.

Being hypercreative is part of you, part of your life and the world needs your ideas, even if we don't realize it yet.

Want to learn more? See the next section.

## Want to fully harness your Hypercreative Talents so you can live the life you dream of?

I'm in the process of developing a new course – **The Hypercreative Survival Kit** and I'm currently taking reservations for those who want to get in on the ground floor pricing. I'm closing the reservations on Dec. 31, 2014 and you can [read all about the course here](#) and make your reservation right from that page or at the bottom of this page.

Being hypercreative is not something you need to “cure.”

Being hypercreative is something you should learn to revel in and harness so that you are able to take all those great ideas and create the life and work that you dream of.

**Reserve your no-obligation spot today!**



or go here to learn more about the [Hypercreative Survival Kit](#).