

# ORIGINATE NOW



## PROCESS OVER RESULTS: REFLECTION GUIDE

Companion Guide for the **ORIGINATE NOW** podcast, Episode 3

***Process Over Results:***

***Enhancing Your Creativity & Well-Being w/Emily Harris***



## PROCESS OVER RESULTS: REFLECTION GUIDE


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Companion Guide for the Originate Now podcast, Episode 3:


***Process Over Results: Enhancing Your Creativity & Well-Being w/Emily Harris***

**A FOCUS ON *HOW* YOU WORK, RATHER THAN *WHAT* YOU PRODUCE, LEADS TO MORE JOY, GROWTH, AND SUSTAINABILITY.**


**WHERE IN YOUR LIFE, OR CREATIVE PRACTICE, ARE YOU OVERLY FOCUSED ON THE OUTCOME?**




**WHAT DOES "TRUSTING THE PROCESS" LOOK LIKE FOR YOU RIGHT NOW?**



**HOW CAN YOU CELEBRATE A SMALL WIN FROM THIS PAST WEEK?**



**WHAT'S ONE VALUE YOU WANT YOUR CREATIVE WORK TO REFLECT MORE CLEARLY?**



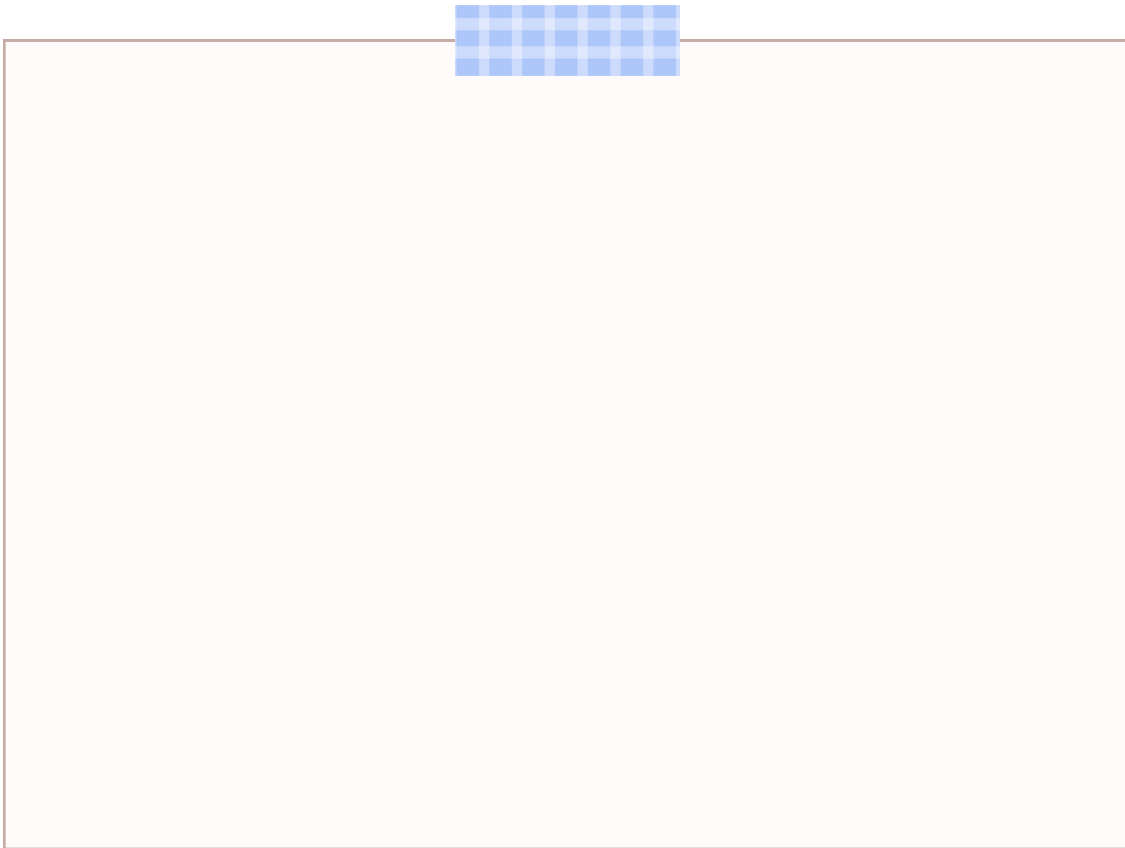
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- IDENTIFY ONE CURRENT PROJECT. REFRAME YOUR APPROACH:  
→ ***WHAT WOULD A PROCESS-ORIENTED MINDSET LOOK LIKE FOR THIS PROJECT?***



Tiny, consistent actions create change. Focus on doing what feels true, one step at a time.

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**We run on coffee & kind words! If you like the show, it would mean the world to us if you leave a review and/or a five-star rating. :) Not only does this help others find the show, it helps us keep the show going!**

**WE APPRECIATE YOU! SEE YOU NEXT WEEK!**

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