

# BIG MAGIC INSPIRATION GUIDE

IT'S TIME TO MAKE SOME BIG MAGIC! Use this guide to help stimulate discussion and creation, inspired by Elizabeth Gilbert's *Big Magic*. Get ready to tap into your inner courage, find enchantment, permit yourself to live a creative life—and keep it up!

## ≡ COURAGE ≡

Can you think of a time that you were courageous in your creative life? Maybe you tried your hand at fiction after always writing poetry, or picked up watercolors for the first time in years, or sang karaoke in front of all your friends.



### DISCUSS



What did that look like for you?  
How did you feel? What inspired you to be courageous?

## \* \* ENCHANTMENT \* \*

In *Big Magic*, Gilbert talks about an “external daemon of creativity”—a being the ancient Greeks and Romans believed lived in the walls of your home and aided you in your labors. The Romans referred to daemons as your “genius—your guardian deity, the conduit of your inspiration.” You weren’t a genius, you *had* a genius.



### DRAW

What do you think your daemon of creativity would look like? Grab some pen and paper and draw away!



## ➤ PERMISSION ➤

In *Big Magic*, Gilbert writes: “Defending yourself as a creative person begins by defining yourself. It begins when you declare your intent. Stand up tall and say it aloud, whatever it is.”



### DECLARE

Who, in your heart of hearts, are you? Who have you always secretly wanted to be? Write it down and then take turns saying it! How did you feel? Did saying it out loud change anything for you?



## ➤ PERSISTENCE ➤

*Big Magic* (noun): The divine relationship between a human being and the mysteries of inspiration.

*What Big Magic do you want to make?*



### COMMIT

Write down four fiercely creative goals. Put it up on your fridge, tuck it into a book, hang it beside your door—anywhere you’ll be reminded of the *Big Magic* inside you! *Onward!*

