

YALLA

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Find the Light

PURIM

IN A NUTSHELL

**GET THE
GLOW**

**A SOCIAL
NIGHT IN**

**HOW OUR
THOUGHTS
CONTROL OUR
FUTURE**

THE COLOUR OF
ENERGY

O N B E I N G A N A R T I S T W I T H A



Purpose

Jo Gilbert

Have no fear of perfection, you will never reach it anyways.
– Salvador Dali

I don't think my story is so different to anyone else's.

The details do not really matter, we have all struggled with something. The truth is we all have a voice, if only we are brave enough to speak.

I never thought I would be an artist, let alone an *Artist with a Purpose*, but here I am. It's like something within is propelling me to reach for the unreachable and anything seems possible. I can't put my finger on what it is. It isn't something tangible or a technique to master. As I struggle to find a definition, I find myself settling on the idea that this *Is my Ultimate Self*. The most

beautiful thing about that, is that it's always with me, always within me and even more beautiful – it's within us all.

Life is always going to throw us curveballs, its very nature is unpredictable. As a result, I have explored and challenged my personal mindsets, philosophies, and beliefs, over and over again. Within this process I have insightfully seen that we all have an ability to handle life from a place of resilience and wellbeing, no matter what. And it is from this place that I found my true purpose – I paint from a palette of *Hope, Understanding and (Psychological) Freedom*.

Here are my 5 discovery tips on how to be an *Artist with a Purpose*:

1. What type of artist do you want to be?

Where is your vision taking you? Do you want to sell to friends, or do you want to sell worldwide? Be clear on your goals right from the start, as your vision will define your reach.

2. What is your 'Why'?

Don't be afraid to question yourself and dig really deep into why you create, what you create. What got you here today? What is the story that underpins the real you? What has been your growth, your pain, your struggle and/or your passion? What gives you fire in your belly?

3. Be your personal brand

Be the entire version of you. Find your authentic self. The confident, courageous, wise, creative, inspiring yet vulnerable YOU. There is only one person in the entire world that has your experience, your vision and your perception of creativity. That is your gift to the world! Wear it. Live it. Be it.

4. What is your purpose?

What do you stand for? What is important to you? What gets you excited, inspired, angry or passionate? What do you believe in? Spend time thinking about this. How can your experience be of service to others?

5. Walk with your eyes and your heart open

Appreciate that inspiration and opportunity is everywhere, we just need to be able to see it. There is an intelligence to life that is way smarter than us.

Have perspective, compassion and understanding. Be open to see the beauty that encompasses us all.

By working through these critical 5 steps of discovering who you are as an artist, you will begin to see what you have to offer and the clearer you are on this, the more aligned you become with your true ultimate self.

**In the meantime, be more than free...
Be FREEDOM**



A New Normal Is Born, Jo Gilbert

To continue your discovery and fulfil your role as an Artist with a Purpose, enrol in my forthcoming 'Unleash the Artist Within' programme.

Art is everywhere, we just need to walk with our eyes and hearts open.