

## The TWELVE TALENTS for a Good Life

1. We grow in an atmosphere of affirmation and conviction that our artistic expression is essential to our existence and is part of our unique contribution to the world.
2. We realize every day is an opportunity to express our creativity and have an artistic experience. We know our inspired creative process will give us the joy we deeply desire.
3. We invest ourselves in lifestyles, relationships, and work activities that nurture our creativity.
4. We immerse ourselves in our art, refusing to be diverted from our creativity by destructive compulsions. We nurture significant relationships to stay professionally involved, socially fulfilled, and lovingly engaged with family and friends.
5. Seeing the tapes of societal myths that play in our heads for what they are, we release them, realizing that we, as artists, have wonderful gifts to contribute and that with the help of our Higher Power, we have what it takes to express our art.
6. We rejoice in the success of other artists. We keep our focus on our own God-given abilities. We take heart that we will find our own fulfillment through our creativity.
7. We know where our phobic reactions come from and we have chosen to separate. Safe in our new faith we wait for inspiration to lead our heart. We give out fears to our Higher Power and send our art out into the world.
8. As our art becomes more and more real to us, we enthusiastically follow our dreams. We accept that we are entitled to our right work and deserve the happiness and success that right work brings.

# A.R.T.S.

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9. We are committed to our art, and pursue avenues that may lead to our ability to earn a living by means of our creativity. We explore methods of determining the monetary value of our art, recognizing that we are living in a world where money is an exchange of value necessary to our survival.
10. Being multi-talented, we explore each of our abilities taking joy in the fluidity with which we move from one to the other. Each of our abilities is a facet of our true artistic vision and each contributes to the whole. We accept full responsibility for developing and honoring our gifts.
11. We are aware that the process is a learning experience. We know that the outcome is in God's hands and may well prove more fruitful than our immediate goal. We take time each day to be thankful that the results come in God's time, not ours. We bless each day that we are given to pursue our art.
12. We turn our lives and our art over to our Higher Power, recognizing that without the aid of that Mystic Force, we are lost. Trusting our intuition and artistic instincts, we know that we are channels for the Infinite Creative Process. Deeply grateful for our creative energy, we offer our art as a gift to be shared.