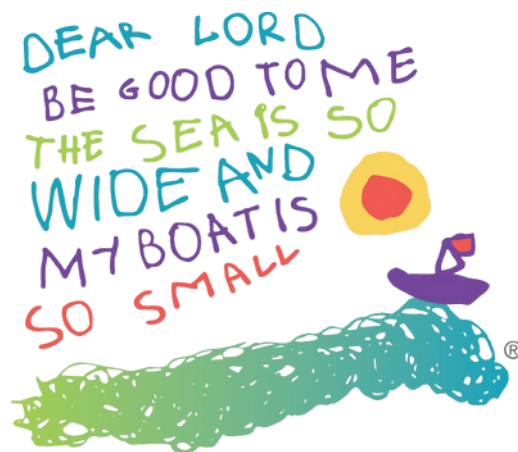


Children's Defense Fund

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THE ARTIST'S WAY



**children's
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The Artist's Way: A Pathway to Child Advocacy

In 1992, Julia Cameron published the book, *The Artist's Way: A Spiritual Path to Higher Creativity*. In the book she has developed a 12-week course that allows the reader to explore their artistic side. We want to challenge you to engage your creative as a means to encourage your inner (or outer) advocate. This resource will help you explore your creative side and challenge yourself to create resources in the movement for America's children.


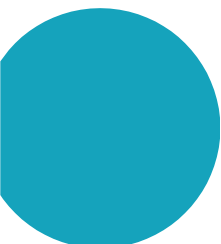
The book can be purchased online but the following are some basic tenets to apply to child advocacy:

Cameron encourages the reader to connect with your creative side by writing regularly and exploring new things. What is happening in our country that is a threat to democracy and the well-being of our children? What are your greatest concerns for future generations?

Cameron's goal is to build your confidence by overcoming your demons and self-doubt. Use this time to journal about your own fears and anxieties about entering into this work. Why don't you think you should be engaging in this work? Who are you afraid of isolating?

Cameron challenges the reader to rest. She suggests that "the recovery process" is emotionally challenging but it's the only way to reconnect with your creative self. Even as you find rest, how can you create rest for other families so that we are not created undue burden for those trying to care for America's children?

Cameron names that we don't generate ideas out of nowhere; you find them all around us and we help them grow. What are the things that are happening around you that can provide a natural pathway to speak up about democracy and child welfare?



Cameron suggests that perfectionism, workaholism and excessive competitiveness will only block your creative flow. There is no perfect way to be a child advocate and we all have to start somewhere. What are the little steps that you can take to use your voice on behalf of our children?

Cameron challenges the reader to make a conscious effort to bring your creative self out into the open. Now is the time! What will be your first public advocacy commitment. Will you call, send an email, or write a letter to an elected official? Will you do a podcast or op-ed about “The State of Children in America”?