

doris kessel

#organizeyourinnerartist

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Where do you want to go?

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Get the shit done?

I don't think so. *As an Artist aka HSP we love to do things differently.* We are not machines, right? And obviously the outside world is still trying to dominate that headline.

Yes, I use it once in a while, when I am really confronted with taxes and stuff. At least I try to do it right away in my VERY OWN RHYTHM. But be aware, that your heart beats for creating, right?

So, how can you organise your **artistic life that it feels a little more fun** for you?

You know, I am not perfect and that book is not a "I give you five strategies" - thing. It is from human to human. From artist to artist.

FLOW vs STRUCTURE?

Me - as the FLOW.-Provider ... cheez let's talk about structure ;-)

Okay, therefore I do need my former identity a litte back: I was a Triathlete for more than 20 years. Veryyy much structured. Yes, structure can help to get the shit done - okay let's switch that sentence.

A smooth FRAME can support the crazy daisies to MOVE. in a - let's say - almost smooth way through the day.

Check.

What are your BASIC NEEDS? What is so sufficient for you, that you can't live without - not even a day?

Then PUT THAT FIRST.

What it's REALLY BAAAD + HORRIBLE to do?

It can help to do it afterwards (you know, the good mood can help then).

Then follows the REWARD. At least a FULL APPRECIATION of what you did. Hug yourself. Yes, HUG. NOW <3

Okay, that was exhausting enough. What's next?

Okay, a little flow state. A little breath. A little move. A little "what can I combine" or "make more beautiful".

Then ... drums please:

Look at your laundry. Is it looking back?

GOOD.

Smile. Imagine. Manifest: "It's already done and it FEEELS sooo good!"

Therefore we DO need an extra chapter ...

LAUNDRYYY

Okay. Let's be honest: This is on my list the lowest point. I mean, yes clean clothing is essential. But I have to admit that I do not like the process until then B-)

So, I figured out how it can be more FUN.

1. As less washing machines as possible (no, I don't stink - I mean the colours: dark, white or sometimes red - decide on YOUR OWN. -> no parenthesis (yes, break the RULES.BABY

2. In the REALLY BORING process of put the laundry on the wäscheständer (german) I already think what could match while wearing. Easy stuff first. I need progress.

3. Which DRY CUTIES really do belong in the wardrobe right away? Hope a lot can stay outside. Yes, I do plan for a couple of days what could match my days (sport, art, ...)

What is it for you? Which colours bring you in a good mood while you see them outside? Or do you need space?

What about having cutie sign on your washing machine like: "Fill me up Scotty" - create your own invitations for laundryyy

Take GOOD care of YOURself

Imagine you are a little child you love endlessly.

What would put the little child a smile in it's face in the morning when it gets up and it's going into the bathroom or kitchen (I don't know, how you live)?

What would make the little magician happy? What would put a smile on it's face?

How can you do that for yourself?

If you like: I feel better when I prepare the next day a little because I don't like to have stress in the morning.

Do you like that, too? Do you wanna try it?

What do you like to drink or eat in the morning? What are your favourite products in the bathroom? Or do you want to put your yoga mat beside your bed? Preparing cool clothing with a new combination you want to try out?

Or just waking up and letting the magic guide YA <3

WELL being WELL

Yes, I know. Boring. And MAYBE #NOT.

>> pretty much importante <<

Food. Sleep. Move. Repeat.

Some more questions:

- Which food gives you LONGTERM energy?
- What is fun and you don't feel too much guilty?
- What does your inner teenager and inner child nourish?
- Are you an owl or a lark? When you are creative the most?
- When is it time for a walk? How many times per day (sorrynotsorry)? Okay, I admit some of my former triathlon colleagues called me in athletic training the drill instructor. I try at least to be gentle :-D
- When do you like to use the waiting time (boiler, cooking etc.) to stretch? stairs? wood?
- What contributes to a REALLY GOOD sleep? Do you like to have the window open? Do you need a good book für the night? What puts a smile in your face in the morning? Should artists make their bed (yes, please, let me know, what you think! I am VERY TRAUMATIZED with that part. I was punished if I don't do it - so be gentle

paperwork

In small letters. With FULL INTENTION ;-)

Where is the next box to through up. Okay, not very mindful, I know. Honestly I really do like to have that part done and I try as much as I can to have the digital-artist-version.

What do you like? What is less stressful?

Maybe you REALLY love that and you can support others with that. One of my friends she LOVES ACCOUNTANT STUFF. Get in those energy fields, if this is helpful.

Order: My ADHD brain needs order and structure in that case. All my folders on my laptop. Or when I do taxes. I need an overview first and then I work through from simple to complex. Little by little - with a lot of breaks in between. Oh, and do not forget bout the reward.

What really can help is to minimise and sort out as much as you can. When you can feel energies it can be a lot.

Let's do a little mental training rn: Imagine how you do it and how you feel afterwards. Dive in to the feeling that you DID FINALLY A GREAT JOB! And than say THANK YOU <3

cLeanING

Half. Half.

Ohhh! I used to be more freaky with that in the past. Now I try to have once per week.

What do you NEED? Is there a specific day? Can you outsource it to your partner :-DD ???

Let's try to be in the present moment. Have your spirit guidance and your inner child with you.

Are you more fast or slow? What brings you joy? How is your breath going? Do you need to challenge yourself?

CLEANMEBABYONEMORETIME.

Oh, yes together it can be more fun.

Let's do it!

AUTHOR



Doris Kessel is a Coach + Medium.

She supports Artists, Healers and Highly Sensitive Human Beings to reconnect them with their TRUE. power.

Website: <https://www.creativityempathyflow.com/>