

I believe that creative magic doesn't just happen. It's cultivated and built over time. It's not about waiting for inspiration to strike. It's about staying open enough times that eventually, it does.

I managed to dismiss those thoughts and simply have fun. What made that joy possible wasn't chance. It was the automatic internal response—the muscle memory I've spent years trying to build.

To be a better creator is to nurture oneself, build internal muscle memory

—and because you know that it's all just a journey—allow your imperfect photos from the back seat to be published .

<https://juliettemansour.substack.com/p/from-the-backseat-its-all-bs>

From the Backseat It's all B.S.

Muscle Memory Part I

Juliette J. Mansour

The ones that create limiting beliefs based on fearful mental interlopers. Was anything changing at that moment for me, really? Was I in danger? Did I really need to start strategizing NOW?

