



# THE CREATOR CODE FIELD GUIDE

COMPANION WORKBOOK

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# What Is The Creator Code

Have you noticed how some creators seem to turn everything they touch into gold, while others get stuck on the feast-and-famine rollercoaster, self-sabotage, bottleneck, and never quite reach their potential?

The Creator Code is a framework and a methodology built on a single central truth: that every creator who achieves inevitable, enduring, sustainable success does so not because of their talent, skills or abilities, but because of three intrinsic capacities they have cultivated within themselves.

**Those capacities are Grit, Self-Responsibility, and Genius.**

Most creators are born with one of these capacities outpacing the other two. Some are lucky to have two in relative balance. Very few have all three working equally and in alignment, even after years of hard work. This is not because you're not capable, it's because you're focusing on the wrong things. When these capacities are not aligned, bottlenecks appear, blocking mission and vision, and ultimately limiting fulfilment, success and impact.

If a creator has Grit and Genius but lacks Self-Responsibility, it can lead to burnout. If a creator has Genius and Self-Responsibility but lacks Grit, it can result in stalling. If a creator has Grit and Self-Responsibility but has not yet claimed their Genius, it can lead to competency without magnetism.

The good news is this: all three can be learned and developed in any creator, at any stage of life, business or creation. We call them capacities because they are expandable. And that's exactly what this field guide is here to support: your expansion in the area you need it the most.

Creators are the bringers of change, connection and insight. The world does not need more creators with better business skills. The world needs creators who are unstoppable and unshakeable in their mission and vision.

The Creator Code methodology develops the creator from the inside out: nervous system calibration, embodiment, resilience, creative transmission, self-expression, and the capacity to hold power, visibility, and uncertainty.

This is structured, expansive, and transformational inner work. It meets you where you are, no matter which chapter you are in. The Creator Code is a lived discipline, a developmental path, and a creative identity technology that can be returned to again and again.

The mission of The Creator Code is to amplify the impact of all creators so that their work fills the world with beauty, truth, expression, love, connection and insight and so that they can receive the recognition and reward they deserve.

# How To Use This Guide

The guide has four parts for each of the three capacities:

- An introduction to the capacity: what it is, what it makes possible, and what it looks like when it's missing or under-developed.
- A collection of 15 activations to begin working with immediately.
- Journal prompts to take the work deeper.
- Emergency protocols for the moments when everything feels stuck.

You don't have to work through it in order. Start with the capacity your quiz results pointed to. Or start at the beginning and let it unfold. Either way, this field guide is designed to be returned to as you grow and you enter new thresholds and chapters in your journey, not consumed once and shelved.

# **Grit**

**Devotion. Direction. Staying power.**

## Defining Grit

Grit is not hustle or force. It is not doing something at all costs. Grit is sustained life force: the disciplined fire that builds something real. It's what happens when your passion for your work blends with a devotion that goes deeper than motivation. It's the capacity to stay with the work, stay with the vision, and stay with yourself through the inevitable cycles of expansion and contraction that every creator must move through to fulfil any vision, mission and purpose.

When Grit is underdeveloped, momentum stalls, ideas pile up unfinished, and a scarcity mindset runs the show. When it's overused without the other two qualities to balance it, burnout and frustration are never far behind. When Grit is truly integrated, following through becomes natural. You know when to say yes and when to say no. You can troubleshoot, pivot, rise, and return. You build something that lasts. You are the Eternal Flame, you warm the room and light the path.

Grit is represented by the element of Fire, supported by Earth. Grit energy is masculine. It is Mars meets Saturn under the Sun. In Western Astrology, it is Aries and Capricorn and the 6th House. In Chinese Astrology, it is Horse and Ox. In Tarot it is Strength, The Sun and The Emperor.

## Grit Activations

You can begin these practices today, while you're absorbing the Creator Code content. Don't do them all at once, choose one or two that speak to you and begin there.

1. **Morning devotion check-in:** Before the day takes hold, ask yourself: what am I devoted to today, no matter what? Write it down. Say it out loud. Let it be the thread you return to.
2. **The five minute rule:** When resistance hits and everything in you wants to avoid it, commit to just five minutes. Start small, start anyway. Momentum doesn't wait for motivation.
3. **Weekly energy audit:** At the end of each week, reflect on where you forced your way through and where you genuinely stoked the fire. Notice the difference. Let it inform how you show up next week.
4. **Anchor your why:** Get crystal clear on your vision, mission and purpose. Write it down in a way that moves you and put it somewhere you'll see it every single day. Your why is what carries you when willpower runs out.
5. **Open loop audit:** Make a list of everything you have on your plate. Intentionally close out what no longer has your heart. Honour what's worth completing. Nothing drains grit faster than carrying things you've already quit.

6. **Systems audit:** Review your calendar, task list and diary with honest eyes. Where are you avoiding hard things? Where is overwhelm masquerading as busy-ness? Adjust the system so it supports your consistency, not undermines it.
7. **Schedule rest and play:** Block rest and play into your calendar for the next month before anything else fills the space. Recovery isn't a reward for hard work, it's what makes hard work sustainable.
8. **Do the hard thing:** Choose something you've been putting off specifically because it's hard. Make a real commitment to yourself (out loud or in writing) and then do it. Let the doing change what you believe about yourself.
9. **The identity anchor:** Write three sentences that describe who you are as someone who follows through. Read them before you begin work each day. Every action you take either confirms or contradicts that story, so choose consciously.
10. **The discomfort log:** Each day, note one moment where you leaned into discomfort instead of away from it. Over time, this becomes a body of evidence that you can be trusted, by yourself, above anyone else.
11. **The recommitment ritual:** At the first sign of wanting to walk away from something that matters, pause before deciding. Ask yourself: why did I start this? Write the answer down and let it speak before you do anything else.

- 12. Stack the streak:** Choose one small daily action that connects to your bigger goal and track it somewhere visible. A chain of Xs on a calendar, a tally, a list. Allow the streak to become something worth protecting.
- 13. Shrink the target:** When a goal feels too big to stay faithful to, break it down to the smallest possible next action and commit only to that. Grit doesn't require giant leaps, it only requires the next step.
- 14. Do it badly on purpose:** Give yourself full permission to show up imperfectly. Remove the standard of polish or perfection as a condition for beginning. Finishing something messy builds more staying power than waiting endlessly for the right conditions.
- 15. Find your people:** Identify one person or community who is living proof that what you want is possible and find a way to be around them regularly. Environment shapes effort more than willpower ever will. Grit is contagious.

## Grit Journal Prompts

Set aside 20–30 minutes with your journal. These prompts are an invitation to go beneath the surface. There are no right answers, only honest ones.

- *What am I truly devoted to right now? Not what I think I should be devoted to, but what actually has my heart?*
- *Where in my life or work am I pushing through out of obligation rather than genuine devotion? What would it look like to release that?*
- *Think of a time you stayed with something difficult and it paid off. What made you stay? What does that tell you about your grit?*
- *What does 'giving up' mean to me? Is there a difference in my mind between quitting wisely and abandoning something important?*
- *If I imagine the version of me who is fully devoted to my vision, what does their daily life look like? What are they doing that I am not?*
- *Where do I confuse effort with hustle? Where am I burning energy rather than directing it?*
- *What would I pursue if I knew I could not fail? What does that reveal about what I actually want?*

## Emergency Protocol: When Grit Fails You

For the moments when you've lost the thread and everything feels like too much.

- **Stop and name it.** Say out loud: 'I've lost momentum.' Naming it takes the power out of the spiral.
- **Return to your why.** Go and find it, read it, feel it. Not to motivate yourself, but to remember who you are doing this for and why it matters.
- **Do five minutes only.** Commit to five minutes of the thing. Set a timer. When it goes off, you can stop. (You rarely will.)
- **Ask: am I tired or am I done?** Tiredness is physical and temporary. Doneness is something else entirely. Know which one this is before you make any decisions.
- **Call in your people.** Send a message to one person who knows what you're building and tell them where you are. Witness is medicine.
- **Lower the bar completely.** Today's job is not to do it well. It's simply to do it. Remove every standard except presence.

# **Self-Responsibility**

**Inner authority. Self-knowledge. Ownership.**

## Defining Self-Responsibility

Self-Responsibility is not merely self-discipline, it is an ongoing, loving commitment to understanding and tending to yourself as a full-spectrum human: your nervous system, your body's wisdom, your emotional landscape, your shadows, your patterns, your intuition. It's agency, not control. It is an attentive, loving relationship with yourself as an ecosystem, not a machine to be optimised. It is power, authority and identity.

When Self-Responsibility is underdeveloped, impulsivity overrides intuition, consistency is hard to maintain, and external circumstances call too many of the shots. When it's integrated, you can move through the expansion and contraction of life and work with genuine self-compassion and self-leadership. Collapse becomes rare because the structures and inner scaffolding are in place to hold you. You are the Wayfinder, you are the one others trust because you trust yourself.

Self-responsibility is represented by the element of Earth, supported by Water. Self-responsibility energy is a perfect balance of masculine and feminine. It is Pluto meets Saturn under the Moon. In Western Astrology, it is Virgo, Scorpio and the 1st House. In Chinese Astrology, it is Snake and Rabbit. In Tarot it is The Hierophant and The Star.

## Self-Responsibility Activations

These activations are invitations into deeper relationship with yourself. Begin with the one that feels most alive, or most uncomfortable. Both are good signs.

1. **Boundary audit:** Take a long, honest look at your life. Where do you need boundaries you don't yet have? Where have existing ones become walls or collapsed entirely? Name what needs adjusting and take one small action toward it.
2. **Nervous system tracking:** Begin getting acquainted with how your body responds to life. Start noticing daily: are you in fight, flight, freeze or collapse? No judgement, just awareness. You can't regulate what you haven't yet learned to recognise.
3. **Explore a new personal system:** Dive into something that maps the self in a way you haven't explored before: astrology, numerology, Human Design, Gene Keys. Come with curiosity, not a need to be defined. Let it be a mirror, not a box.
4. **One nourishing change:** Make one change to your diet that you know is good for you and that you've been quietly putting off. Just one honest, caring choice. Let it be an act of self-love rather than discipline.
5. **The 30 day reset:** Go 30 days without alcohol and/or refined sugar. Notice what shifts in your body, your mood, your mental clarity. Notice what you were using it for. The noticing is the work.

6. **Zone tracker:** For one month, track how often you're operating in your comfort zone, fear zone, learning zone and growth zone. At the end of the month, let the data speak. Where are you living? Where do you want to be?
7. **Personal non-negotiables:** Create a clear list of what you will not compromise on in your own life. Organise it into categories: personal life, health, family, relationships, career and business, finances. This list is not a wish list, it's a declaration.
8. **Pause before deciding:** Practice not answering immediately. When a decision comes, sit with it long enough to notice where the answer is coming from: the mind, the gut, the heart, the wound. Begin learning how you most trust yourself to decide. Human Design authority can be an incredible anchor for this practice.
9. **Weekly shadow work:** Once a week, ask yourself 'what am I avoiding looking at?' Write whatever comes up without editing it. The things we refuse to see are often what's running the show.
10. **The 21 day habit:** Choose one new habit you know you need and commit to it for 21 days. Something that is steeped in self-leadership and self-compassion. The habit matters less than the act of keeping your word.

- 11. Relationship audit:** Look honestly at the relationships in your life. Which ones fill you and which ones drain you? You don't have to act immediately, just see clearly. Clarity is the first act of self-responsibility.
- 12. Write your personal code:** Draft a short document (a page or less) that describes the values, beliefs and principles you want to live by. Not who you think you should be, who you actually choose to be. Return to it when you're uncertain.
- 13. Own one story you've been blaming:** Identify one area of your life where you've been holding someone or something else responsible for how things are. Write the version of that story where you are the main character with full agency. It doesn't mean others weren't at fault, it means you stop waiting for them to fix it.
- 14. Media and input audit:** Spend a week tracking what you consume: social media, news, podcasts, conversations. Ask yourself what it's doing to your inner world. Make one deliberate decision about what stays and what goes.
- 15. Body check-in practice:** Once a day, stop and ask your body a simple question: what do you need right now? It might be water, movement, stillness, breath. Practice listening before overriding. Your body is one of the most reliable sources of self-knowledge you have.

## Self-Responsibility Journal Prompts

Settle in somewhere you won't be disturbed. These prompts ask for honesty. Go gently and go deep.

- *Where in my life am I waiting for something outside of me to change before I allow myself to change? What would it mean to take full ownership of that area today?*
- *What patterns keep repeating in my relationships, my work or my creative life? What might they be trying to show me about myself?*
- *When I react strongly to something, what is usually underneath it? What are my most consistent emotional triggers telling me about my unmet needs or unhealed places?*
- *How do I currently relate to my body? Do I listen to it or override it? What is it trying to tell me that I haven't yet been willing to hear?*
- *What does my inner critic sound like? Whose voice is it really? What would I say to that voice if I could speak to it directly?*
- *Where am I outsourcing my authority? To who or what am I giving the final say over my own life? What would it mean to take that back?*
- *What is one thing I know I need to do for myself that I keep finding reasons not to do? What is the real reason I'm not doing it?*

## Emergency Protocol: When You've Lost Yourself

For the moments when you feel reactive, overwhelmed, or completely out of alignment with yourself.

- **Pause and locate yourself.** Before doing anything else, ask: where am I in my body right now? Take three slow breaths. Feel your feet. Come back to the room you're in.
- **Name the nervous system state.** Am I in fight, flight, freeze or collapse? Naming the state separates you from it slightly. You are not the state. You are the one noticing it.
- **Do not make decisions.** When you're dysregulated, you are not in your full authority. Postpone anything that doesn't need to happen right now. Give yourself permission to pause.
- **Do one act of self-care.** Not a grand gesture. Something small and immediate: a glass of water, a walk outside, bare feet on the ground, making something lovely to eat or drink.
- **Write it out uncensored.** Open your journal and write whatever is true right now without editing it. Sometimes the body just needs to say what it's holding.

# Genius

Voice. Story. Transmission.

## Defining Genius

Your Genius is not your skill set. It is not your strengths and weaknesses, your qualifications, or your performance. It is the unique combination of qualities, perspectives, experiences and ways of seeing the world that you and only you have brought into being. It's your ideas, your voice, your patterns, your stories, your particular flavour of originality.

When Genius is underdeveloped, comparisonitis and imposter syndrome move in, vision becomes foggy, and it's hard to commit to a direction with any real conviction. When it's integrated and expressed fully, creativity flows from an endlessly original source. You stop looking sideways. You start making the work only you can make. You are the Wild Spark and you are radiant and magnetic.

Genius is represented by the element of Air, supported by Water. Genius energy is feminine. It is Mercury, electrified by Uranus and Neptune. In Western Astrology, it is Aquarius, Gemini and the 3rd House. In Chinese Astrology, it is Dragon and Rooster. In Tarot it is The Fool and The Magician.

## Genius Activations

These activations are designed to wake up what is already inside you. Let yourself be surprised by what emerges.

1. **Dress like your inner child:** For at least seven days in a row, choose what to wear based entirely on what your inner child would love: colourful, clashing, textural, joyful. On days you're home, go all in. Let your senses and your mood lead. This is a practice in self-permission.
2. **The magical doorways list:** Get a notebook and a pen you love. Begin a running list of everything you love, everything that inspires you, everything that lights you up when you do it. This is the map to your deep inner creative self. Add to it whenever something moves you.
3. **Write your origin story:** How did you come to be you? What were the events, the turning points, the moments that shaped your particular way of seeing the world? This isn't for anyone else, but to know yourself more fully. Your story holds more clues to your genius than you realise.
4. **Your greatest creations inventory:** Look back through what you've made, built, written or created over the past few years. Make a list of your most unique and wonderful outputs. Read it back as if someone else made it. Notice what that stirs.

5. **Consumption audit:** Do an honest inventory of what you're currently taking in. Unfollow, unsubscribe or step away from anything that consistently makes you compare yourself, feel smaller or less inspired. Protect the environment your genius lives in.
6. **Write your tagline:** Come up with a single line that captures who you are and how you move through the world: not a job title, but the essence of you. Play with it. Let it be bold and a little surprising. It might take a few drafts to find the one that makes you feel something.
7. **Daily creative practice:** Whatever your favourite creative outlet is (writing, painting, music, movement, cooking, building) commit to doing it every day for 21 days. Even ten minutes counts, especially ten minutes. Show your genius that you take it seriously.
8. **The daily post challenge:** If you show up online, commit to posting one authentic thing every day for at least 21 days. Not polished or perfect, but fully alive and present. Let it be a practice in creative courage as much as creative output.
9. **Blank space in the calendar:** Block at least two hours every week for several weeks and label it nothing. Don't plan it in advance. When the time arrives, wait and see what wants to emerge. Some of the best creative work lives just on the other side of unscheduled stillness.

- 10. Intuitive movement practice:** Choose a feeling or quality you need more of right now. Put on a piece of music that moves you, sit on the floor, and begin moving your hands, arms and body in a way that embodies that quality. Let yourself go as deep as you can into your body and your imagination, for the full length of the track.
- 11. The morning pages ritual:** Before you check your phone or speak to anyone, write three pages of longhand stream-of-consciousness. No editing, no rereading, no rules. Let it be messy and honest. This practice clears the static and gives your deeper voice room to be heard.
- 12. Make something with your hands:** Choose a day this week to make something entirely analogue: cook from scratch, build something, draw without a reference, plant something, sew, sculpt with clay. The goal isn't the output. It's returning your genius to the sensory, physical world where so much of it lives.
- 13. Interview yourself:** Write down ten questions you'd want a great interviewer to ask you about your work, your ideas and your inner world. Then answer them: honestly and at length. You already know more than you think you do. Sometimes you just need the right questions to hear it.

14. **Map your weird:** Make a list of all the ways you are unique and different to most people. Find your contradictions, your controversy, and the things that make you stand out. These qualities can be powerful signals and magnets for your message and your purpose.
15. **Create a future archive:** Write a letter, record a voice note or make a short video to yourself from five years in the future: from the version of you who followed through on your genius. What did you make? What did you finally let yourself become? What do you want your present self to know? Let it be vivid, specific and a little daring.

## Genius Journal Prompts

These prompts are designed to help you find your way back to what is most originally and unmistakably you. Let your pen lead.

- *What did I love to do as a child that I have stopped making time for? What did it give me that I am still looking for?*
- *If I could make anything without worrying about whether it would sell, be understood, or be well-received, what would I make?*
- *What do people consistently come to me for, ask my opinion on, or thank me for? What does that pattern reveal about my natural genius?*
- *Where do I hold myself back creatively out of fear of being seen, judged, misunderstood or not taken seriously? What would I do if that fear wasn't there?*
- *What is the work I was born to do? If I already knew the answer (and I do, somewhere) what would it be?*
- *What makes my perspective, my voice, my creative eye different from anyone else I know? What is my particular flavour of originality?*
- *What would it mean to stop waiting until you're ready and simply begin? What is one creative act you could take today that would be an act of creative courage?*

## Emergency Protocol: When Your Genius Goes Quiet

For the moments when creativity dries up, comparison takes over, or you've lost the scent of what makes you you.

- **Stop consuming.** Close the feeds, close the tabs, close the comparisons. Your genius cannot be heard over the noise of everyone else's output. Give it silence.
- **Do something with your hands.** Make something analogue, physical, sensory. Cook, draw, dig in the garden, rearrange a shelf. Genius lives in the body as much as the mind. Bring it home.
- **Return to what you love.** Open your magical doorways list. Read it slowly. Let it remind you of who you actually are, not who you think you're supposed to be.
- **Create something you will never share.** Remove the audience entirely. Make something just for you, just for today: a page, a drawing, a voice note, a meal. The freedom in not sharing is the point.
- **Ask: what would delight me right now?** Not what would be productive. Not what would look good. What would genuinely delight you? Follow that thread, even just for an hour.

- **Remember your origin story.** You became you for a reason. The events, the turning points, the things that broke you and remade you: they are the source of your most original work. You haven't lost your genius. You've just temporarily forgotten where it lives.

# What's next

**The Creator Code is not something you do, it's something you live.**

You will move through seasons of expansion where your grit is blazing, your self-responsibility is lighting the way, and your genius is in full flow. And you will move through seasons of contraction where one or more of the qualities goes quiet, goes sideways, or goes into hiding.

This is the nature of the creative life, of our cyclical nature, and how growth works. The practice is in returning, again and again, to the work of developing these three capacities.

Return to the Creator Code Quiz anytime. It will be helpful after periods of breakthrough, expansion and change. It will measure your progress and your ability to discern your own path. Your archetype will change, your shadow may emerge and integrate, you will be able to track your progress.

**Return to the Field Guide videos and workbook regularly for inspiration, guidance and clarity.**

**Keep an eye out for live experiences, programs and events that give you a unique opportunity for supported growth.**

When all three capacities are balanced and working together, frequency and energy up-level, momentum and creative flow increase exponentially, and efforting reduces. The result is deep satisfaction, fulfilment, and success: on your own terms and in resonance with your mission and vision. The full embodiment of The Creator Code is represented by sovereign alchemy: a state of presence, power and capacity which makes you unstoppable. Your work changes the world and your future ancestors will sing songs about you.

The world needs what you're here to make, and you deserve success that feels inevitable. You have the codes, now go build the mission, you rad creator.

**Katie K**

Creator Code founder & frequency transmitter

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