



Self-worth isn't something we earn or prove. It's something we've always carried. That inherent value we have always felt based solely on our existence, before the world layered expectations, criticism, and comparison over it. What we are doing now isn't deciding we are worthy for the first time, but rediscovering what has always been true – and reclaiming the space it deserves in our lives and our work.

When we reconnect with that inherent value, our creativity begins to shift. We stop creating from pressure or approval and start creating from resonance – from the place where our voice, our instincts, and our experiences align. This month, we invite you to move from reflection into creation. What would you create if you stopped questioning whether you were enough?

*Creating from Within*

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There comes a point in every creative journey where the question shifts. Early on, many artists focus on learning the craft and understanding what works. We pay attention to what audiences respond to, what styles are popular, and how others have found success. That process is part of growing as a creator.

But eventually the work begins to ask something deeper of us.

At some point the question becomes less about what works and more about what feels true. The work starts asking us to listen more closely to ourselves. The ideas that stay with us the longest are often not the ones that seem the most strategic or marketable, but the ones that carry a quiet sense of recognition. They feel familiar in a way that is difficult to explain, as if the work is reflecting something we already know but have not fully expressed yet.

## That is what resonance feels like

When we create from resonance, the work begins to align with who we are rather than who we think we should be. Our experiences, our emotions, our perspective, and even our uncertainties become part of the creative process. Instead of trying to shape our work to fit expectations, we begin shaping it around what feels honest.

This is often where the most meaningful art emerges. People may not always be able to articulate why a song, a story, or a piece of art moves them, but they recognize when something carries authenticity. There is a difference between work that is carefully constructed to impress and work that comes from a place of genuine expression.

For many women, creating from resonance can take time. We are often taught to be adaptable, to consider how we are perceived, and to make our voices agreeable to others. Those instincts can serve us in many areas of life, but they can also make it harder to trust the quieter signals that guide our creative instincts.

Learning to create from resonance means learning to trust those signals again. It asks us to pay attention to what continues to return to our thoughts, what subjects feel meaningful to explore, and what kind of work leaves us feeling more aligned rather than more exhausted.

Resonant creation does not guarantee immediate recognition or approval. In fact, some of the most powerful creative work begins in moments when an artist decides to stop chasing approval altogether. Instead, they choose to follow the thread of something that feels personally significant and allow that to shape what they make.

When that alignment begins to happen, the process of creating often becomes more fulfilling. The work feels less like performance and more like communication. The distance between who we are and what we create becomes smaller, and the people who encounter that work tend to feel the difference.

This month, the LadyLike community is exploring what it means to create from that place of resonance. Not as a concept, but as a practice. It begins with a simple reflection: what ideas or expressions continue to return to you, even when you are busy with other things?

Sometimes the most meaningful creative work is already waiting for our attention. We simply have to be willing to listen to it.

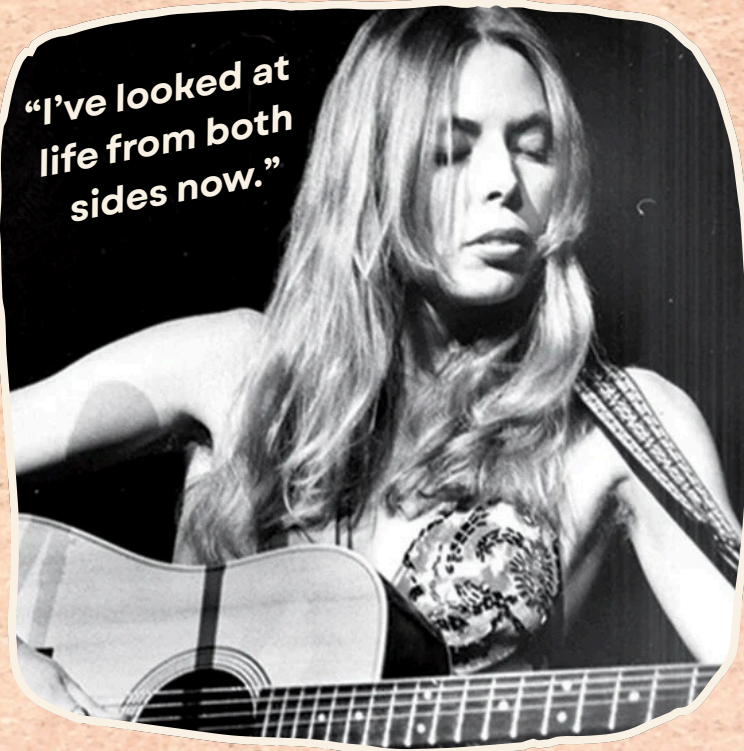


# Women Who Created From Resonance

An In-Depth Reflection on

*Joni Mitchell*

by Christin Alynn Pitcock



In the early years of her career, Joni Mitchell was already successful by most standards. By the late 1960s she had become one of the defining voices of the folk movement, with songs like “Both Sides Now” and “Big Yellow Taxi” reaching wide audiences. Her songwriting was admired for its lyricism and emotional depth, and the music industry largely expected her to continue producing the kind of acoustic folk songs that had brought her early recognition.

But as her career developed, Mitchell began to feel constrained by those expectations. She was becoming increasingly interested in musical ideas that did not fit neatly into the folk genre. Jazz harmonies, unconventional song structures, and more introspective storytelling began to pull her in a different direction.

Rather than repeating a formula that had already proven commercially successful, she chose to follow her artistic instincts.

Albums like *Court and Spark* (1974) and later *Hejira* (1976) reflected this shift. Mitchell began collaborating with jazz musicians and exploring complex arrangements that were far removed from the folk-pop sound many listeners expected from her. The music became more experimental and deeply personal, often reflecting themes of freedom, identity, and the search for meaning on the road and in life.

At the time, this move surprised parts of the music industry. Record executives and critics wondered why an artist with clear commercial success would risk moving into territory that might be harder to market.

But Mitchell's priority was never to repeat what had already worked. In interviews she spoke openly about the importance of artistic evolution and the danger of becoming trapped by your own success. Continuing to make the same kind of music simply because it sold well felt dishonest to her as an artist.

Looking back, that decision proved defining. Albums like *Blue* (1971) and *Hejira* are now widely considered among the most influential singer-songwriter records ever created. Generations of artists cite Mitchell's willingness to evolve and trust her instincts as a major influence on their own work.

Her career reminds us that creating from resonance does not always mean choosing the easiest path. Sometimes it means leaving behind what is comfortable or expected in order to follow the direction that feels most honest.

And in many cases, it is that honesty that allows the work to endure.

## References

Yaffe, David. *Reckless Daughter: A Portrait of Joni Mitchell*. Sarah Crichton Books, 2017. | Bego, Mark. *Joni Mitchell: In Her Own Words*. Omnibus Press, 2001. | Mitchell, Joni. *Court and Spark*. Asylum Records, 1974. | Mitchell, Joni. *Hejira*. Asylum Records, 1976.

# Spotlight on

*Geri X*

By Cheryl Spainhour



St. Petersburg songwriter Geri X has spent decades on the road, playing more than 5,000 shows and building a career defined by honesty and resilience. Known for her fearless songwriting and deeply personal lyrics,

Geri continues to create music the same way she always has – by trusting her instincts and honoring the moment when inspiration arrives.

When asked about her songwriting process, she shared something that many artists will recognize:

***“I honestly write whatever I feel. I don't get up and decide that today I'm going to write a rock song or a pop song. I honor the muse when she visits me and I just write what I feel and hear, without theme or concept or vision. What you hear is what comes out of me with very little editing or overproducing.”***

After thousands of shows, countless miles on the road, and a lifetime of stories behind her songs, Geri's perspective reminds us that the most powerful art often comes from simply telling the truth.

Read Cheryl's full Artist Spotlight interview with Geri X on our website. [click here](#)

*Creative Inspiration*

Creativity often begins in a quiet moment – the instant an idea appears before doubt, comparison, or expectation have time to shape it. Learning to trust that moment is one of the ways artists begin creating from a place that feels more honest and aligned.

Create something that begins with your first instinct – before doubt or expectation has time to influence it. It could be a lyric, a melody, a photograph, a poem, a painting, a short reflection, or any form of expression that feels true to you.

We invite you to share what you create with the LadyLike community.

- Join us for the Rise & Create Zoom on the fourth Thursday of the month to share your work and connect with other artists.
- Post your creation inside the LadyLike community space.
- Share it on social media using #RiseAndCreate so we can celebrate your work together.

We can't wait to see what emerges when you follow your instinct.

April Prompt:  
*instinct*



[click to register](#)

# Ways to Connect in April

LadyLike exists to create spaces where women can reflect, create, connect, and celebrate together. Whether you join us in person, online, or through the music we share, there are many ways to stay connected with the community this month.

## LadyLike Featured Showcase

April 25 | Noisemakers – St. Petersburg

GET TICKETS



Join us for a special LadyLike showcase featuring **Danielle Howle, Geri X, and Christin Alynn** for an evening of powerful songwriting and live performance.



Listen to conversations with women artists, creators, and leaders as we explore confidence, creativity, identity, and the realities of building a life in the arts. Follow and listen on Spotify. [Go Now](#)

### Rise Zoom Series

April 2 - 6-8p



An open community conversation where members can share ideas, ask questions, and hear what's new with LadyLike.

April 12 - 6-8p



Focused on restoration through conversation and shared reflection, we create space to pause, reset, and reconnect with ourselves and one another.

April 30 - 6-8p



Our monthly creative gathering where artists share work inspired by the monthly prompt and support one another's creative process.

Our new online community space where members can connect, share work, and continue conversations between events.

[REGISTER](#)

## Join the LadyLike Community Lounge

On Spotify Now



## Join a LadyLike Chapter

LadyLike chapters are beginning to form in Tampa Bay & Charlotte, communities where women want to gather, create, and support one another locally. If you'd like to start your own local chapter, email us at [info@joinladylike.com](mailto:info@joinladylike.com)

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[www.joinladylike.com](http://www.joinladylike.com)

Discover and share music from the LadyLike Community.

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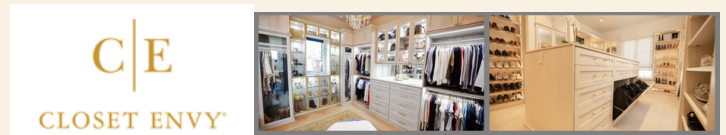
## Foundational Global Sponsor

Manifested, LLC is the parent company behind LadyLike and provides ongoing financial and operational support as the brand grows across markets. As a development-focused organization committed to creative leadership and aligned infrastructure, Manifested ensures LadyLike has the strategic backbone necessary for long-term sustainability.

## Founding Community Sponsor

Closet Envy Tampa Bay is a high-end custom closet and home organization company serving the greater Tampa area. More than a brand partnership, this support represents a personal investment in the growth of women in music. The Tampa location owner – a fellow musician and advocate for the arts – provided the initial \$1,000 contribution that helped launch LadyLike's Florida programming. That early belief created real momentum. We are grateful for leadership that invests in culture and community.

Visit: <https://www.theclosetenvy.com>



## Community Venue Partners

Crooked Thumb Brewing has become a home for LadyLike Community Showcases in Florida. More than a venue, Crooked Thumb has actively invested in women's artistry by providing space and contributing financially to support guaranteed artist pay. Owner Kip Kelly – a fellow singer-songwriter and long-standing influence in the Safety Harbor creative community. Partnerships like this are how community infrastructure is built.

Visit: <https://crookedthumbbrew.com>



Rejuvenate Spa is dedicated to helping clients feel confident, refreshed, and cared for through personalized aesthetic and wellness treatments. Their commitment to self-care, empowerment, and supporting local community initiatives aligns beautifully with LadyLike's mission to uplift women and create meaningful spaces for connection and growth. We are proud to partner with businesses that invest in both beauty and community.

Visit <https://www.rejuvenatelakewylie.com>



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