



## 2017 CHECK IN ON YOUR CREATIVITY

1. What was the first creative moment that you remember?
2. What are some of your best creative ideas that have influenced your life or relationships? What made them great?
3. Make an inventory of your skills. What are your strengths?
4. Why do you want to create?
5. What are you most passionate about? Where does your 'love light' shine?
6. What are your greatest fears related to you being an artist?
7. What new (or improved) skills could help you achieve (or come closer to) your creative goals?
8. Do you have any habits (rituals/patterns) in place to help your creative process?
9. What is your attitude regarding your art about
  - a) selling
  - b) praise
  - c) negativity
  - d) work
  - e) play
  - f) procrastination
  - g) perfectionism
10. When you are making art, what delights you more: the process or the result?
11. When confronted with superior intelligence or talent, how do you respond?
12. What artists do you admire most? Why?
13. How could you get out of a creative rut?
14. Where might you collect new ideas ("scratching") to inspire you?
15. What negative assumptions about yourself as an artist could you change?
16. What metaphors could you use to inspire your creative process?
17. What could you do to help quiet your mind and indulge your right brain hemisphere?