

CREATIVISTA COACHING



CREATIVE HABITS



ENVIRONMENT | Our ideal creative atmosphere and elements.

- Q. With the resources at your fingertips, how can you create your ideal creative space?
- Q. What items do you need in order to create: from troll doll to paint, computer to guitar, desk to white walls?
 - Q. What drink and snacks do you have on hand?
- Q. White noise, music, talk radio or the sound of your own voice floating around your skull?
 - Q. What stirs your creative juices? Surroundings, tools, edibles and personal preferences?



HEADSPACE | Our unique habits that foster a creative heart, mind and spirit.

- Q. What do you do to clear your mind for motivated creation?
 - Q. What spiritual habits clear a path for creativity?
- Q. How does physical exercise (b-ball, weights, hiking) stir your creative juice?
 - Q. What authors, artists or other creative works inspire you?
- Q. What negative self-talk do you need to combat with meditative, prayerful or prescribed verbal or written responses before you create?
 - Q. Healthy habits that have worked in the past? What hasn't?



RHYTHM | Develop and commit to a time and routine for our creating.

- Q. When is your most creative time of day?
 - Q. Most creative day(s) of the week?
- Q. Look at your schedule, time available and to-do list, when will you actually create each day?
- Q. How many hours / minutes can you commit to a focused creative rhythm in your daily session?
 - Q. What's your most distracted time of the day?
 - Q. What rhythm will you commit to?



OUTPUT | Clarify our creative quotas and goals.

- Q. How much will you plan / commit to accomplish in each daily session? Word count, song part, design feature etc.
 - Q. What's your daily quota? Weekly goal? Quarterly check-points?
 - Q. What's keeping you from committing to systematic output?
- Q. Are you tied to an external deadline? What is your bold yet achievable personal launch timeline?



now you...

CREATIVE HABITS: WORKSHEET



ENVIRONMENT | Your ideal creative atmosphere and elements.

Resources / Tools:

Edibles & Sounds:

Location:

Distractions:

Dream Environment:



HEADSPACE | Your unique habits that foster a creative heart, mind and spirit.

Physical Activities:

Spiritual / Mental Habits:

Inspiration:

Positive Reinforcement:

Daily Headspace Commitment:



now you...

CREATIVE HABITS: WORKSHEET



RHYTHM | Develop and commit to a time and routine for your creating.

Time(s) & Day(s):

Create Space by:

Say "No / Yes" to:

Weekly Commitment:



OUTPUT | Clarify your creative quotas and goals.

Daily Quota / Goal:

Accountability / Checkpoints:

Roadblocks:

Project's End Goal / Launch: