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Creative Practice 12-month Self- — Reflection Exercise

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Here are some useful questions to help you reflect on your creative practice at the start of a new year

01.

**Ask yourself
what would you
do in your
creative practice
in the next 12
months if you
weren't afraid?**

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02.

If you did this
what could you
learn about
yourself? how
could you grow
even if you aren't
successful?

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03.

What are the first steps you could take to make this a reality?

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04.

**What have you
learnt about
yourself from
your creative
practice over the
last 12 months?**

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05.

**What do you
currently most
complain about
in your creative
practice?**

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06.

If you weren't allowed to complain about this thing anymore, what action would you have to take?

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07.

Which activities, if doubled, would make your creative practice meaningfully better?

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08.

Which activities, if halved, would make your creative practice meaningfully better?

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09.

YearCompass (<https://yearcompass.com/>) is a great free booklet that helps you reflect on the year and plan the next one.

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