

RECLAIM CREATIVE COACHING MONTHLY CHECK-IN FORM

This self check-in form is most effective when you fill out the first two tables at the beginning of the month, and the third table at the end of the month.

1.

What are your intentions this month for your creative practice?

PRODUCTIVITY (actionable, measurable, values-based)	PRACTICES (self-care, enrichment, inspiration)	PURPOSE (remember your why, emotional connection)
<i>In this column, identify at least one but no more than three measurable goals that you'd like to make progress on this month.</i>	<i>In this column, identify the corresponding practices that you will need in order to support these goals.</i>	<i>Remind yourself why this intention and these practices matter to you.</i>

2.

When you write your creative intentions for the month for #1, what resistance comes up? Also, what obstacles could affect you taking action on your intentions?

INTERNAL RESISTANCE	EXTERNAL OBSTACLES	SOLUTIONS
<i>Notice your thoughts and bodily sensations when you think about your intentions for this month.</i>	<i>What people, responsibilities, and unexpected factors could become obstacles?</i>	<i>How can you plan ahead to manage resistance and obstacles?</i>

3.

Reflect on the intentions you set at the beginning of the month and document the observations and discoveries that supported you throughout the month.

GRATITUDE	SYNCHRONICITY	DEVELOPMENT
<i>Moments of gratitude or shifts in perspective that contributed to your process this month</i>	<i>Unexpected insights, observations, ideas, questions, conversations and experiences</i>	<i>Areas of creative development that you discovered or worked on</i>