

1st Session Questionnaire

During a coaching session, we can really talk about anything you want but, assuming the focus will be on your creative life, it would be best if you would take the time to answer all the questions below that seem even remotely relevant to you. This is my chance to get to know you a bit better before we start talking so we can get the most out of your sessions. These questions are also geared to get you thinking about what you have and what you want so, read through and consider all of them even if you do not answer them.

***Being in the age of Covid makes future planning a little difficult but you will probably want to answer the questions in terms of the how you would want to work and play in normal times since we are hoping for long lasting results! We can talk about how the changes in our world are changing what you do and how to work through this if you desire.*

Tell me about what you do creatively.

1. What materials do you work in?
2. Do you consider this a hobby, therapy, a part-time business, full-time creative career, or something else?
3. If you sell your work, where do you normally sell it – Online? At shows or fairs? Just to family and friends? Why these venues?
4. Do you produce creative income through avenues other than selling artwork? Selling tutorials, publishing articles, teaching classes, etc.?

Let's talk a little about where you've been:

5. When in your life did you feel most creative?
6. When in your life were you most committed to a passion, creative or not, and what was that passion?
7. What do you feel are the greatest accomplishments of your life, creative or otherwise?

Tell me about what you do now:

8. Describe, in whatever way feels honest and relevant to you, your creative life right now.
9. What do you like about your creative life right now?
10. What do you look forward to the most each day, creatively or otherwise?
11. What would you like to change most about your creative life, (whether or not you feel you have the ability to change it)?
12. Where do you draw your energy (or driving inspiration) from?
13. What gets in the way of you having the creative life (and life in general) that you want?
14. Who are the most supportive people in your creative life?

And the big question...

15. What is it that you want to get out of this coaching experience? Be as general or specific as you like.

Let's also identify any potential fears or blocks as possible starting points for exploring difficulties:

16. Identify any potential Fears. Check up to 3.

- ☐ Not being talented enough.
- ☐ Not being able to take an idea out of your head and re-create it in the studio.
- ☐ Being judged negatively or harshly.
- ☐ Losing or not gaining respect.
- ☐ Feeling directionless/not knowing where to begin.
- ☐ Not making money from your artwork.
- ☐ Not being perfect or creating perfection
- ☐ Of being successful, with the changes and responsibilities that can bring.
- ☐ Others:

17. Blocks – check up to three:

- ☐ Guilt that you are creating when you should be working or attending to family or friends.
- ☐ Comparing yourself to others and feeling inadequate.
- ☐ Distractions (TV, internet, housecleaning), demands (family, work), and/or disruptions while creating.
- ☐ Loss of pleasure in the process.
- ☐ Easily frustrated /Giving up too readily.
- ☐ Personal loss/depression.
- ☐ Not having enough time.
- ☐ Creative time is not a priority.
- ☐ Others

18. Is there anything else you wish me to know that the above questions did not address?