

Discover Something New About Yourself

Take Note of Your Response to Art

What mood does the image put you in?

Where does your mind go if you study the image closely?

What is your gut reaction to what you see?

How does the image impact your energy level?

What's the story? Would you tell using this music?

What do you feel as you look at the image?

Which of your senses are activated by what you see?

How does your imagination respond to the image?

What about the image do you find most interesting?

What about the image do you find most pleasing?

What about the image do you find most uncomfortable?



Discover Something New About Yourself

Take Note of You Respond to Music

What mood does the music put you in?

Where does your mind go if you study more closely

What is your gut reaction to what you hear?

What is due to your energy level

What's the story? Would you tell using this music?

What do you means feel you as you listen to it

Which of your senses are activated by what you hear

How does your imagination respond to this music?

What about the music do you find most interesting?

What about the music do you find most pleasing?

What about the music do you find most uncomfortable?

