

CREATIVE DEEP DIVE

Use these questions when you want to explore, in depth, your feelings around a creative project or your creative process. You might use this sheet as a monthly check-in, or when you reach key milestones, or after sessions that feel particularly heavy or challenging.

You do not have to answer every question – skip any that don't feel necessary. Bullet points, single words and doodles are all perfectly acceptable answers.

1: CHECK IN

Date today: / /

Where are your energy levels right now?

Creative energy



Low

High

Emotional energy



Depleted

Nourished

What is your internal weather like right now?



Clear /
bright



Rainy



Light
cloud



Stormy



Overcast /
mixed



Foggy

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1: CHECK IN

Choose three words to describe your experience of this session or project.

Curious	Frustrated	Proud
Calm	Excited	Tired
Energised	Surprised	Confused
Anxious	Playful	Blocked
Satisfied	Overwhelmed	Inspired

Does anything surprise you about your choices?

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2: CONNECT

How are you feeling in your body, mind and emotions right now?

What do your body and mind need now, and in the next few days?

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3: REFLECT

What did you work on today?

What progress or success has happened since your last review?

What has felt good in your work lately?

What has felt challenging?

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3: REFLECT

What stood out or felt important today?

Did you discover anything new today?

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4: UNDERSTAND

Did anything surprise you about the experience, the work, or your feelings today?

Did you experience difficult emotions (overwhelm, discomfort, fear...) or feelings of resistance?

Did you observe difficult emotions (overwhelm, discomfort, fear...) or resistance in others (if relevant)?

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4: UNDERSTAND

What might have triggered that?

What support, approach or way of working might help in future?

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5: LEARN

Are there any blockers or challenges you're experiencing?

What might help?
Support, tools, changes, or something else?

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5: LEARN

What insights or patterns have you noticed?

What gives you energy?

What drains your energy?

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6: LOOK AHEAD

What is the next step you need to take?

Are you on track? Does your plan need adjustment?

Would any support / collaboration help? Who can you reach out to?

How will you celebrate or reward yourself, even in a tiny way, for the work you've done today?