

CREATIVE CHECK-IN

Use these prompts soon after a creative session to process your experience and plan your next steps.

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



Emotional energy



What is your internal weather like right now?



Clear /
bright



Rainy



Light
cloud



Stormy



Overcast /
mixed



Foggy

CREATIVE CHECK-IN

1: CHECK IN

Choose three words to describe your experience of this session.

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

Does anything surprise you about your choices?

CREATIVE CHECK-IN

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 felt good?

What felt challenging?

CREATIVE CHECK-IN

4: LEARN

What gave you energy, and what drained your energy?

Are there any blockers or challenges you're experiencing?

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

CREATIVE CHECK-IN

5: LOOK AHEAD

What is the next step you need to take?

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