



The Artist in Me

Objectives

Use this layout chart to observe where you feel you are not being creative enough, to look for blockages and how to move forward.

This time we invite you to ask yourself the questions you need to ask, to the chosen photo cards. Follow your intuition

Pause

Switch your favourite music and express yourself through it.

Expanding

Once you are ready observe the photos, see what questions are coming to you. Write them down and then answer them through the photo cards.

Focus and action

Write down your insights, observations and 3 actions that will move you. One for today, one for next week and one for the upcoming month.

[1] _____



My Card:

[2] _____



My Card:

[3] _____



My Card:

