

Ponder - Chapter one

Reflect on yourself as an artist/creative/maker.

For the next ten days, take a few minutes to write about yourself as an artist and the art you create (or want to create).

Below are some prompts to get you started.

1. Where did you come from?
2. Who inspired you?
3. What was your first experience with your art?
4. What was your first project?
5. Where do you want to go with your art?
6. Why do you do what you do?
7. Who do you admire in your art form?
8. When do you plan to launch?
9. What is your next project?
10. Why must you create?



Resources to accompany the process book

Do Your ART! 10 Simple Steps to Enhance Your Creativity and Elevate Your Mood

More information at www.doyourart.org

© B. Morey Stockwell, 2023