



## Welcome!

I'm so glad you have decided to join me on this adventure - a month immersed in you and your creative practice. I really hope it provides a safe and warm environment for you, and that you come away feeling enriched and revitalised!

I wanted to start things off with an intro worksheet - to check in with where you are now. Just to say, all of this is for YOU, and you don't have to share it with anyone other than you, so I want to go wild, use it to get everything out, and get it all off your chest!

Hopefully it will be useful to look back at the end, and see how far you have come. So, without further ado...

## BRAIN DUMP

Use this space to begin with a brain dump. What's on your mind right now? Get it all off your chest. Are you feeling cynical? Excited? Nervous. I find that writing stream-of-consciousness is really helpful, and I guarantee you will feel lighter afterwards!





What are you hoping to get out of this month?

What is top of your mind?



If you could change one thing about right now, what would it be?

What's missing in your life right now?

What is good about your life right now?



What result are you most proud of from the last few years?

What have been your biggest challenges in the last few years?



In what ways have you held yourself back?

Why do you think you did?

What takeaways can you get from this?



What do you want to bring with you into the course?

What can you kindly let go of.

What can you give thanks for?



Write a letter to your past self thanking them for getting you this far.



Letter continued...

