



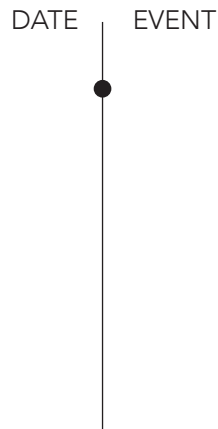
EXERCISE SHEET

This week we will take some time to reflect back. The premise of this course is that taking the time to stop, look and reflect is the game changer for your creative practice. It is THE THING that will see you taking huge leaps and bounds in progress!

Your exercise for the week is to look back over your creative life, all the way back to when you were a child and how you used to engage in creative activities - finger painting, colouring-in, drawing on the walls - what comes to mind? All the way through school, university, if you went, into your twenties and beyond, right up to the present moment.

ONE.

Begin with a time-line - put in all the key events, childhood art activities, that magazine you made with your childhood friend, any qualifications you have, put it all in, nothing is too small or insignificant. Add a dot for each event (I have put the first one in for you). To the left of each dot put an approximate date/year/guestimate, and to the right, write what it was.



DATE	EVENT





TWO.

Write out your creative history with you as the hero. Begin with: "(your name)" began making art..."





THREE.

Come back to the present, and look back over the last three years. Pick out three key moments in your creative journey, and write a sentence (or more) about them.

1.

2.



3.

notes



FOUR.

Finally, gather as many images of your work as you can from the last year (or period of your choosing, whatever feels the most recent). Don't worry about it being too perfect, or beautifully curated. Screen-grabs will do. Allow yourself to be messy and imperfect, this is just for your own personal reflection. Ask yourself the following questions:

Can you recognise any themes from the work you made over that period, and if so, what are they?



How would you describe the work as a whole? Try and be objective, this isn't the time to beat yourself up. Try and use descriptive words such as pencil drawings, muted colours, etc...

Is there anything else that stands out?



Use this space for extra notes, and thoughts that come up. I find a brain dump can be really useful. Write down anything that comes to you, completely uncensored, even if it is all gobbledygook and nonsense. In fact, I welcome that!

