

## **Your Creative 2020**

*Get a pen ready and be prepared to dig deeper into your passions!*

### 1) Make creativity a PRIORITY

To make creativity a priority, write down which creative fields you want to make goals for and why. Knowing why will help you prioritise your goals.

Creative Field/s (eg. singing, drawing, piano...):

Why? (eg. because it energises me and makes me happy, you want to win a contest...)

### 2) Make GOALS attainable

How much time have you spent on your goals so far?

Whatever your answer above, just increase this slightly and make an attainable time/frequency goal:

Now actually put it in your diary! You don't easily cancel on your friends so don't cancel on yourself!

### 3) Make LONG-TERM and SHORT-TERM goals

What do you want to have achieved by December?

Write down your LONG-TERM goal

What do you want to have achieved by June?

Write down your MID-TERM goal

What do you want to have achieved by April?

Write down your SHORT-TERM goal

### 4) Create HABITS

Keep a diary of when you actually managed to put time into your goals. This is an ongoing task and it will show you how well you are creating your habit.

How can you increase your time/frequency over the months?