



# CREATIVE PRACTICE MID YEAR REVIEW

Welcome to this Creative Practice Midyear Review

Midsummer is here! And with it an abundance of energy and positivity. It feels like a natural time to take stock of the months already passed and to look forward to new possibilities.

This guide will offer you some suggestions for thinking about your creative practice, reflecting on how it has been going, and discovering where you would like to take it in the months ahead.

It offers you some prompts to take a moment to really think about what it is you do. To not be distracted by your 'to do' list and feelings that you should be getting on with things. Allow yourself to pause, inhabit the space and hold it for a while.

## REFLECTION

Look back at the last 6 months.

**Acknowledge the things you have done in 2018.** It can be helpful to flick through your diary or calendar to really get a sense of all the things you actually did.

**Write down everything** (both work & life). All the time spent working, in the studio/workshop, at meetings, appointments, selling at shows, fairs or events, professional development days etc. Don't forget all the things you do for your health & wellbeing - seeing friends, family, and the quality time you take for yourself.

Isn't there a lot? It's easy to overlook so much of what we do, but by noticing and recording the activity of your daily life here, today, you are giving yourself the chance to see how much you have already accomplished.

**What went well?** Give yourself credit for the things you achieved, no matter how small you think they might be.

**What didn't go as expected?** Consider what happened. How much of this was actually down to you, and what you did, and how much of it was down to the situation or to other people

# CREATIVE PRACTICE MID YEAR REVIEW

who were involved? We are always quick to accept responsibility, or to assume that things that don't go well are our fault. But often it is a combination of things, many of which we have no control over.

What did you learn from these experiences? What would you like to carry with you through the year?

## GOALS

Did you set yourself any goals for 2018 at the start of the year?

How far have you come working towards those goals? What are you proud of having achieved so far?

Is there anything you have been avoiding doing, or felt resistance towards doing? Why is that? What is holding you back?

Could you re-frame the goal? Try turning it into something that feels more exciting or more do-able.

## GOING FORWARD

Think about the rest of the year ahead.

What do you most want to do? (Remember to consider everything in your life, not just your creative work. It can be easy to focus on work and forget that there are other things happening. And sometimes those other things may be turn out to be priorities.)

Are there any goals from January that need your attention? Something that once it is done will feel like a really positive achievement?

Would you like to set yourself a new challenge just for the summer? Something that can be accomplished in the next couple of months that will bring renewed energy and joy to your work or life?

How will you start today? What small steps can you take that put you on the path to achieving your goals? Ask yourself 'what will make the most difference? What has the most emotional resonance for me?'

Good Luck!

# CREATIVE PRACTICE MID YEAR REVIEW

## RESOURCES- books

I have read every single one of these, and they've all helped me in different ways. I regularly find myself giving them as gifts or suggesting them to friends.

### Why a creative life?

*The Treehouse* by Naomi Woolf

– for people struggling to remember why they do what they do, a story of leading a life true to your creativity

*Big Magic* by Elizabeth Gilbert

– for people who need a bit of a boost, a reminder of living creatively without fear

### Living the life

*The Art of Possibility* by Rosamund Stone Zander & Benjamin Zander

– for people who want to tap into their passion, an inspiring guide for how to radiate possibility in all areas of our lives

*The Creative Habit* by Twyla Tharp

– for people who need help maintaining their creative life, a suggestion of how to build creativity into your routine from a world famous choreographer

*Playing Big* by Tara Mohr

- for people who lack the confidence to find their voice and make things happen in their lives

### Actually doing it

*The Now Habit* by Neil Fiore

– for people who procrastinate, a non-judgemental approach that identifies the real reasons you find it hard to get things done

*The Art of Shouting Quietly* by Pete Mosley\*

– for people who are not naturally loud, a how-to that helps you get your voice heard

*What they didn't teach you in Art School* by Rosalind Davis\* & Annabel Tilley – for people who want to survive as an artist, a guide written by artists for artists

*Dream/Plan/Do* by Patricia van den Akker\*

– for people who would like to get to grips with their goals for the year, a month-by-month planner/journal supporting you every step of the way

\* these wonderful people also run courses and masterclasses that support artists, makers, designers in their careers. They are definitely worth a look.

# CREATIVE PRACTICE MID YEAR REVIEW

This e-flet was written by Melody Vaughan.

Melody is a writer & artist.

She has a background in Museum Education and Archaeology, and is passionate about objects and the work of emerging craft makers.

**creative consultant for contemporary craft makers**

Melody supports the creative practice of makers. She offers a range of services for makers looking to enhance their writing and communication skills as part of their practice.