

BRAIN DUMP

QUESTIONS/PROMPTS

1. WHAT WORKED REALLY WELL FOR YOU LAST YEAR?

2. WHAT DO YOU WISH YOU HAD MORE TIME TO DO?

3. WHAT FEAR IS NAGGING YOUR MIND AT THE START OF THIS YEAR?

4. WHAT WOULD YOU TELL YOUR LAST YEAR SELF FOR ENCOURAGEMENT?

5. WHAT KNOWLEDGE DID YOU GAIN LAST YEAR THAT YOU DIDN'T HAVE LAST YEAR?

6. WHAT ACCOMPLISHMENT(S) WERE YOU REALLY PROUD OF LAST YEAR?

7. WHAT DOES "BEING DISCOVERED" MEAN TO YOU?

8. WHAT DOES LANDING YOUR DREAM JOB LOOK LIKE?

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9. DESCRIBE YOUR IDEAL CREATIVE DAY

10. DESCRIBE YOUR GO TO COLORS, IMAGES AND MOODS

11. WRITE OUT YOUR FAVORITE SAYINGS OR QUOTES

12. WHAT CREATIVE PROCESS MAKES ME FEEL MOST LIKE ME?

13. WHO OR WHAT INSPIRES ME TO CREATE?

14. WHAT GOAL SCARES ME?

15. HOW DO I FEEL AS I WRITE DOWN EACH POINT?

16. WHAT IS THE MOST GRAND RISK THAT I DARE TO TAKE THIS YEAR?