



INFORMATION AWARENESS CONTEMPLATION

INSTRUCTIONS

Get comfortable. This is a long questionnaire. If it's overwhelming to you, no worries, you don't have to fill out the whole thing. Just scan it and fill out what you can.

LET'S CUT TO THE CHASE

1. What is your creative dream or intention?
2. What seems to be getting in your way? You can scan the checklist below of all the creative challenges. KMCC addresses and see if any seem familiar to you. It's not uncommon to check a lot of them.
3. What are you looking for in creativity coaching?

CREATIVE CHALLENGES

This begins the process of awareness that empowers your journey. Just identifying creative blocks begins to disarm their power over you. Take a deep breath and check all the challenges that may apply to you. Then circle the top three challenges you feel apply to you the most – or those with which you would like to begin.

Fears:

- of disillusionment in your ideas – thinking an idea is great and finding it is not
- of exposure – being judged for faults, foolishness, inadequacy, craziness
- of failure in general, whatever that means to you
- of getting stuck
- of losing friends and/or significant others or alienating family
- of making others feel insecure
- of not being able to translate an idea into reality
- of not being good enough, of being inadequate
- of not knowing where or how to begin
- of success (increased pressure, expectations and responsibility)

- of wasting your time and/or money on something that may not go anywhere
- chronic procrastination and/or avoidance possibly related to fears

Other blocks:

- comparing yourself to others in a way that derails you
- demands, intrusions, distractions from others (family, friends and/or other pursuits)
- depressed – low motivation, loss of pleasure, difficulty concentrating, fatigued
- difficulty getting back to a pursuit you were once good at
- difficulty starting or finishing projects
- disorganized – spending a lot of time looking for things
- feelings of being too old for what you want to do
- habits and addictions (includes TV, internet, video games, laziness, etc.)
- not sure what you're passionate about
- in need of fresh ideas
- illness, physical challenges
- immobilizing perfectionism: it's never good enough, ceaseless efforts to make it good enough, and/or it's hard to start because you do not feel good enough
- need for constant productivity
- constantly prioritizing others and not finding time for your creativity
- getting stuck when the process gets difficult
- feeling overwhelmed by all there is to do
- don't know where to start
- recent trauma/loss (please state how recent)
- resistance in general
- time issues – not enough, not using it well

Possible Self-sabotage:

- I come from a family where my parents were rarely pleased and often disappointed. There frequently was a feeling of not being good enough.
- I get uncomfortable when I think about the increased pressure, expectations, change and/or responsibility associated with success.
- I set aside time, set goals, have good intentions but am endlessly frustrated because I still do not make any progress.
- When I have the opportunity to succeed, I do not follow through.
- Feeling deserving and receiving from others can be a challenge to me.

Other? (Use more space if you need it)

CREATIVE FUEL

Okay, an important part of Kaizen-Muse Training is to acknowledge strengths and successes. Doing this ignites the confidence vital for creativity to be fueled. What are some of your creative strengths?

What are some past creative successes (big and small)?

What are you proud of in addition to above?

HERE ARE SOME EXPECTATIONS FOR BOTH OF US

- Please be sure that you are doing the work for your creative journey and not for my approval or the approval of anyone else.
- Please “show up” to sessions even if you have not done any of what we discussed. Why? Resistance/avoidance/procrastination is common and natural in the creative process. Kaizen-Muse creativity coaching understands this and looks forward to talking about it – these are often the exact reasons why coaching is necessary and forging through to the other side of the resistance will serve you long after coaching is over. Avoiding sessions because you have not fulfilled your intentions only perpetuates the patterns we want to change.
- If you find yourself wanting to give up, know that you have permission to feel that way as long as you do not give up and agree to talk about it. Create a celebration for yourself to honor that you are taking steps toward your dream.

COACHING AGREEMENT

_____ (coach) and _____ (client) have entered into the following agreement:

We have agreed on the following fees: _____

Please read and initial each item:

___ 1. Everything shared in this creativity coaching relationship will be kept confidential unless you are notified and have given consent about sharing beforehand.

___ 2. Please make all appointments/calls on time. If you must be late, please call me or email ahead of time. If you must change an appointment, please give me 24 hours notice and I will reschedule the appointment. If less than a 24-hour notice is given, a makeup appointment will be scheduled if feasible with my week’s schedule. If you miss a scheduled appointment without giving me 24-hour notice, I will need to bill you for it.

___ 3. Please agree to keep the above fees confidential.

Our signatures on this agreement indicate full compliance with the requests and promises above, and complete understanding of the services to be provided.

Payments can be made with a check to {Your Name} or I can invoice you through Paypal.

Your signature _____ date _____

My signature _____ date _____