



creative
discipline
planner

THE INSPIRED FOUNDRY

CREATIVE DISCIPLINE PLANNER

This is a set of worksheets to help you refine your own creative discipline practice through auditing your energy levels throughout the day, creating a handy list of activities that help fill your creative cup, and start a seasonal planning ritual.

A few notes on each worksheet:

ENERGY AUDIT

This is an energy tracker for a full 24 hours. Each slot is a half hour and gives you space to write in how you spent that time. The goal is not to berate yourself for how you spend your time, but to be aware of your tendencies and energy levels so you can create the most productive and fulfilling version of your day. There's only one sheet here, but I'd encourage you to print off enough for an entire week's worth of trackers.

The reflection questions on the next page help you analyze the data you gather to hone in on how best to spend your time. On the following page, you can then use this information to help curate a list of inspirational activities that help grow your creative practices and find ways to implement them into your new routine.

SEASONAL PLANNING

The next two worksheets come straight from [The Creative's Almanac](#), an annual strategic planning tool for creative entrepreneurs like you.

The first page is a goal sheet where you can list out the one to four goals you want to focus on over the next 90 days. It is totally normal for your visions grow and change. The point of this exercise is not to lay down the law of what will happen, but rather to give you structure and forward motion for your day to day. Then, take your seasonal goals one step further by brainstorming the action steps you need to achieve each goal.

The second page is a worksheet to help you define what growth and success will look like for you during this upcoming season.

It is very likely that your definitions of growth and success look different as you move through a year. This is an important aspect of business planning that is often overlooked because we assume that we have as much energy, time, brain space, etc. to give as the season previous. However, most of the time that's just not the case. Sometimes we have more to work with, sometimes we have less.

Acknowledging this fluctuation and appreciating that it provides an opportunity to work for a different kind of growth and success is one of the healthiest mindsets you can adopt for your life. You'll be able to course-correct when you need to, feel accomplished regardless of metrics or finances because you're rooted in the truth of what you're capable of giving right now, and lead your business, your team, and your family down a path that avoids burnout, disappointment, and frustration. You'll also have a clear measure of what needs to be accomplished this season, and a place to start from when you get ready to plan for the next season.

It is my hope that these worksheets give you a starting place for creating your own set of parameters to define what creative discipline looks like for you.

ENERGY AUDIT

morning

afternoon

12:00		12:00	
12:30		12:30	
1:00		1:00	
1:30		1:30	
2:00		2:00	
2:30		2:30	
3:00		3:00	
3:30		3:30	
4:00		4:00	
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8:00		8:00	
8:30		8:30	
9:00		9:00	
9:30		9:30	
10:00		10:00	
10:30		10:30	
11:00		11:00	
11:30		11:30	

ENERGY AUDIT REFLECTION

During the day, when do you tend to be the most creative, alert, or energetic?

During the day, when do you become tired?

During the week, when did you feel the most creative, alert, or energetic?

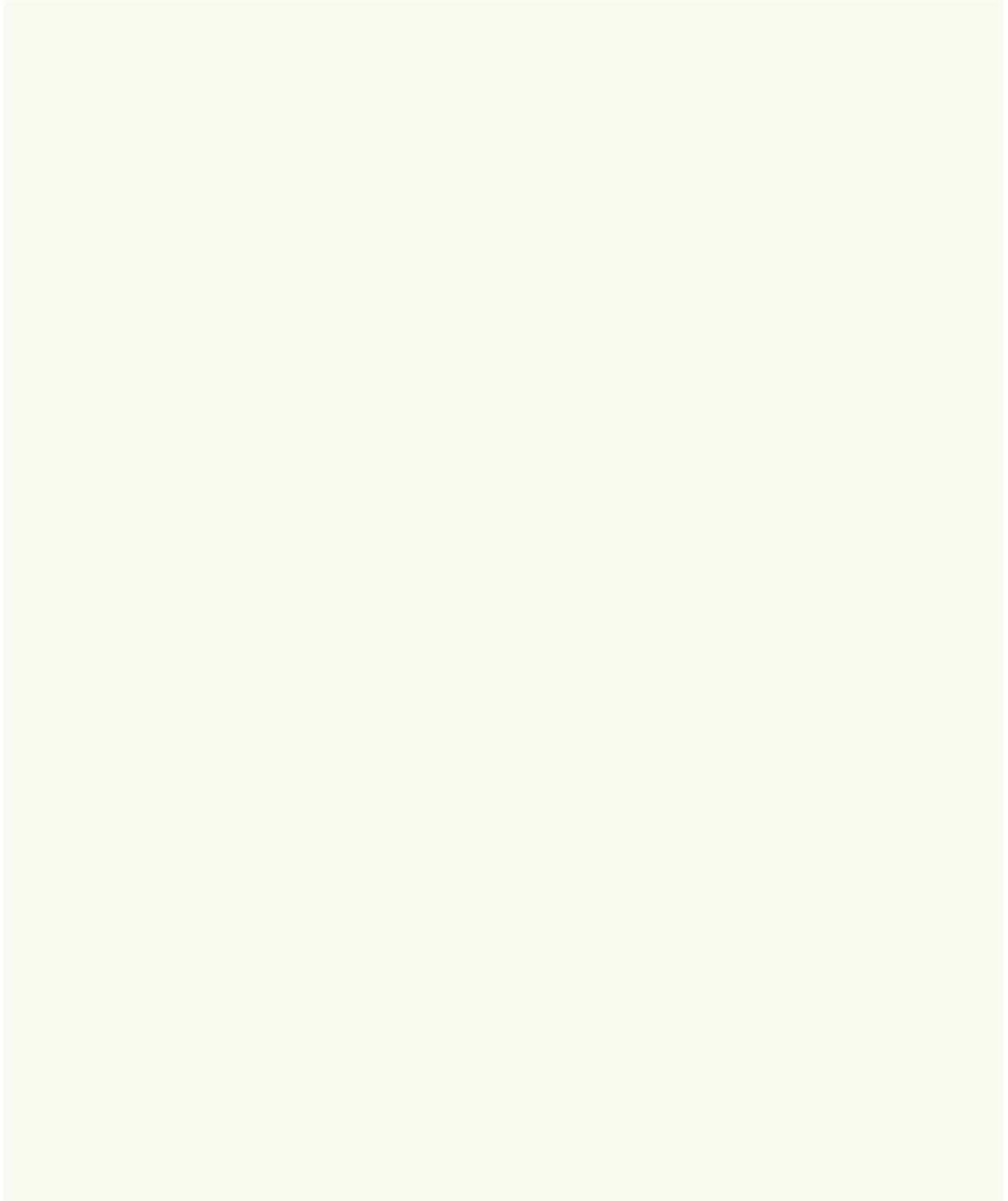
During the week, when did you feel the most tired?

Did you learn anything surprising about your energy levels?

With this information, how could you structure your days or weeks differently to accommodate your energy?

FILL YOUR CREATIVE CUP

Create a list of activities that fill your creative cup so when you're in a creative slump you can access this pre-made list of things to help you get your groove back.



SEASONAL PLANNING

GOAL #1:
GOAL #2:
GOAL #3:
GOAL #4:

	GOAL #1 TO DO:
	GOAL #2 TO DO:
	GOAL #3 TO DO:
	GOAL #4 TO DO:

DEFINING GROWTH & SUCCESS

SEASON:	
WORD OF THE YEAR:	
BENCHMARKS FOR GROWTH:	
1.	
2.	
3.	
BENCHMARKS FOR SUCCESS:	
1.	
2.	
3.	

notes:



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The Inspired Foundry exists to bring inspired ideas to life through curiosity, collaboration, and artistically-aligned design. You can learn more about the Foundry's brand design services, shop the Market for other products, and read up on creativity and design on the Think Tank via theinspiredfoundry.com, or on Instagram, [@theinspiredfoundry](https://www.instagram.com/theinspiredfoundry). I am so grateful to you for taking the time to check out this resource — I'm always looking to improve what I create and would love to hear what you think. Send any thoughts or inspired ideas to karla@theinspiredfoundry.com.