

health check

# Creative Energy





# welcome

## *to your creative energy health check*

I'm Kate, of CreateFully, mindset and business coaching for creatives. Combining over a decades experiences as a mental health nurse, and everything I've learned from becoming an artist and entrepreneur, I coach other creatives in business to overcome the self-doubt and overwhelm that keep them from turning their big dreams into reality.

I know the struggles, I've been there too (and still am sometimes!); the fears, failures and 'what ifs', self-doubt, anxiety and procrastination. All while trying to work a 'real' job, raise kids, keep the house habitable (year right!), and whatever else normal life entails for you.

I've also burned myself out, and it was no joke. Yes, I learned a lot about myself through it, but I don't want you to learn it the hard way too. I hope you find this guide useful, as a regular practice, or when you feel your energy isn't quite where you'd like it to be.

*xo Kate*

[WWW.CREATEFULLYCOACHING.CO.UK](http://WWW.CREATEFULLYCOACHING.CO.UK)

# The process

01

## TAKE THE TIME

This doesn't take long, but it does require attention. So grab a brew, light your favourite candle and take the time you need

02

## TUNE IN

Be intentional about really tuning in to how you're feeling. Listen to your body & mind; where are you holding tension? What's stuck in a loop in your head?

03

## PROTECT YOUR ENERGY

Real talk time- if you don't protect your creative energy, no one else will. Schedule in more of what fills you up, and less of what drains you

Create Fully

“

The thing is: It takes a lot of energy to be creative. You don't have that energy if you waste it on other stuff

- Austin Kleon

”



# Creative Energy Health Check

Use these prompts regularly to check-in with how you're feeling creatively & take action when you spot your creative energy dipping

- Am I feeling creatively motivated?
- Am I looking after my well-being?
- Am I creating regularly?
- Am I often comparing myself to others?
- Am I being critical of my work?
- Am I proud of what I'm creating?
- Am I sharing what I'm creating?
- Am I enjoying scheduling regular downtime?
- Am I stressed about anything?
- Am I excited about the next stage of my biz?
- Am I stepping out of my comfort zone?

# Creative Energy Health Check

My creative energy is at its lowest when...



My creative energy is at its best when...



Things that help boost my creative energy...

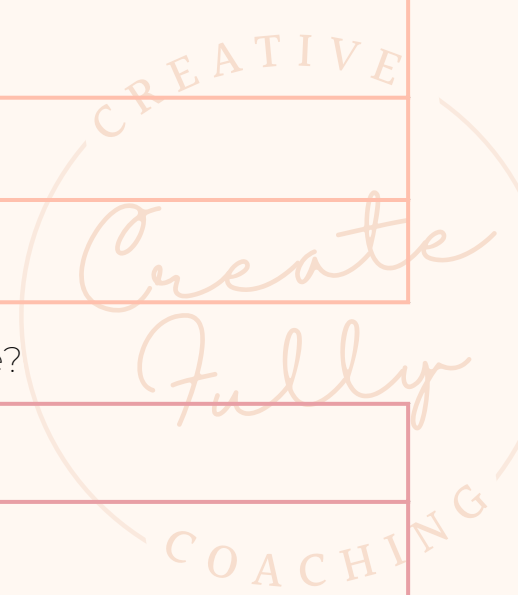


# Creative Energy Health Check

Observe your own moods and energy levels, and make your own list. Then plan how you can structure more energy-inducing items, activities, or images into your day-to-day life.

Energy Boosters	Energy Drains
Examples: reading a good book, walking the dog, watching a comedy show	Examples: social media notifications, that friend who's all about the drama,

If I eliminated these drains, how would my life change?

# Notes





# other bits & bobs...



## ARTIST DATE IDEAS

Grab these date ideas to inspire you. No idea what an artist date is?! Where have you been my friend. Get yourself on google, go on



## Inspiring Podcast Listens

Seems like everyone's doing a podcast nowadays, the choice is overwhelming! I've compiled so of my favs on Spotify, as an easy place to start



## CreateFully Playlist

I love a good playlist, so thought I'd share one of mine on Spotify. Turn the volume up and get your creative groove on



# THANK YOU

As creative entrepreneurs, our creativity is our livelihood, as well as our passion. Being creative is at the core of who we are. The more we use it the stronger it becomes. I truly hope you've found this energy check valuable, and I'd love to hear how it's been useful.

Nurture your creative spirit often, seek inspiration everywhere, and create with joy, lovelies.

*xo Kate*

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