

danielle raine ★ creativity coaching

the **you** review

where you are



where you'd like to go

Q 1

What's your life like,
right now?

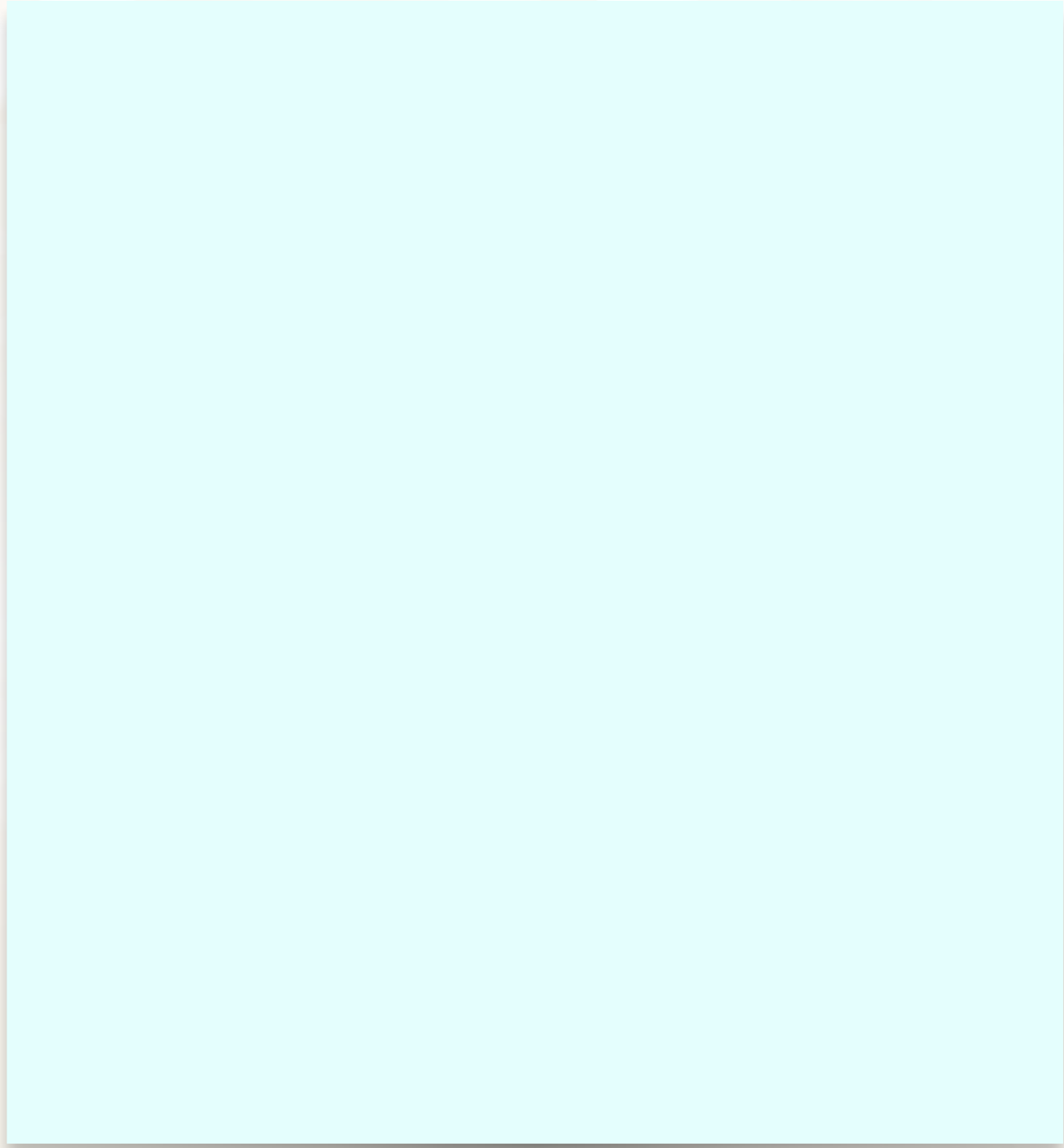
What do you do for a living?

Who do you live with?

What do you do for fun?

What do you do for exercise?

What are your favourite creative
pastimes?



Q 2

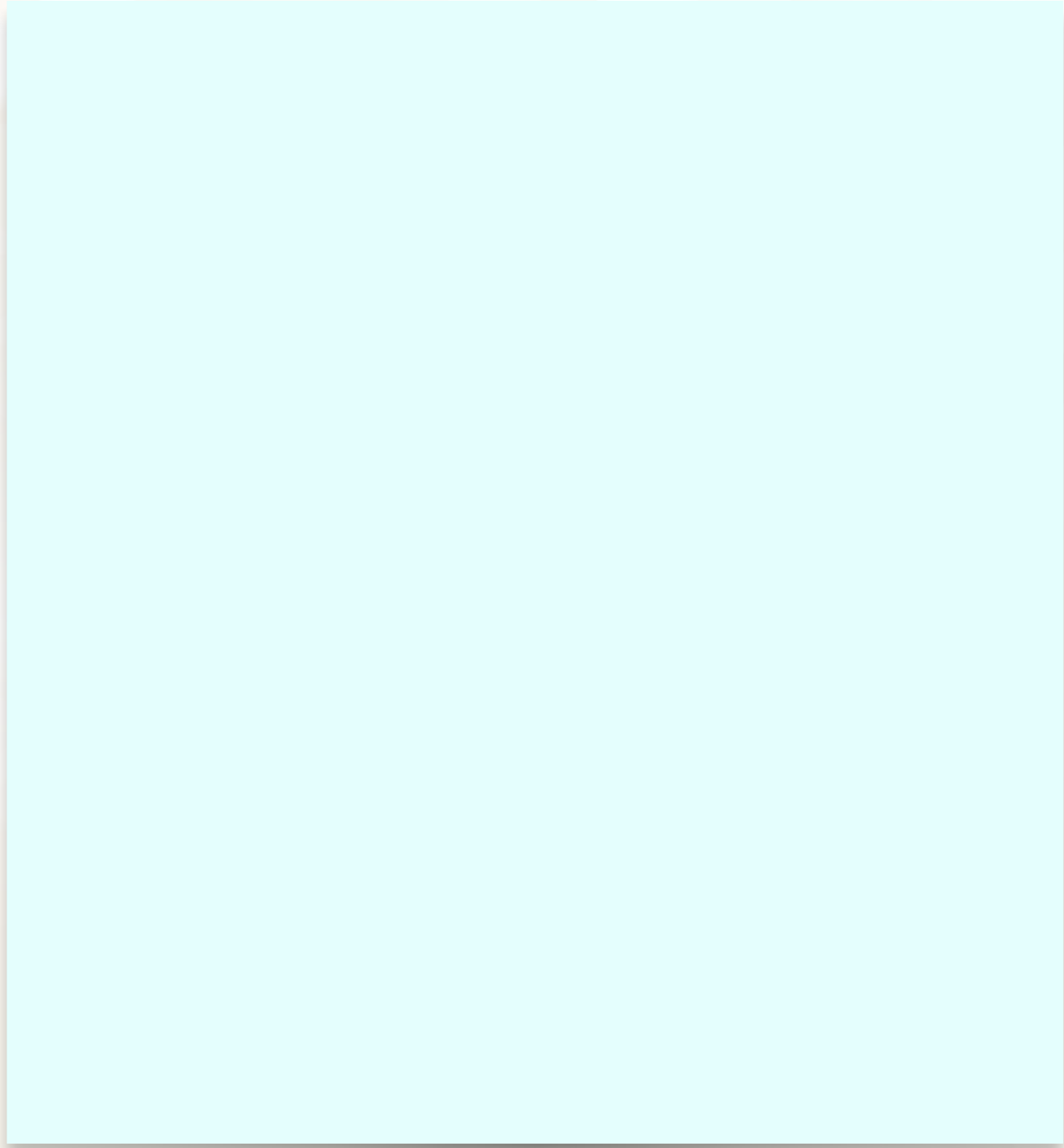
How are you?

Please choose a number from 1 to 10 to represent the following:

(1 = major challenge, 10 = best ever)

- Your sleep
- Your energy
- Your health
- Your self-care
- Your confidence
- Your inner calm

How do you feel about these numbers?



Q 3

What's working?

What are the best things about you and your life, right now?

Q 4

What's calling you?

What do you dream of?

What do you long for?

What's your vision for the future?

What would you change, if you had a magic wand?



Q 5

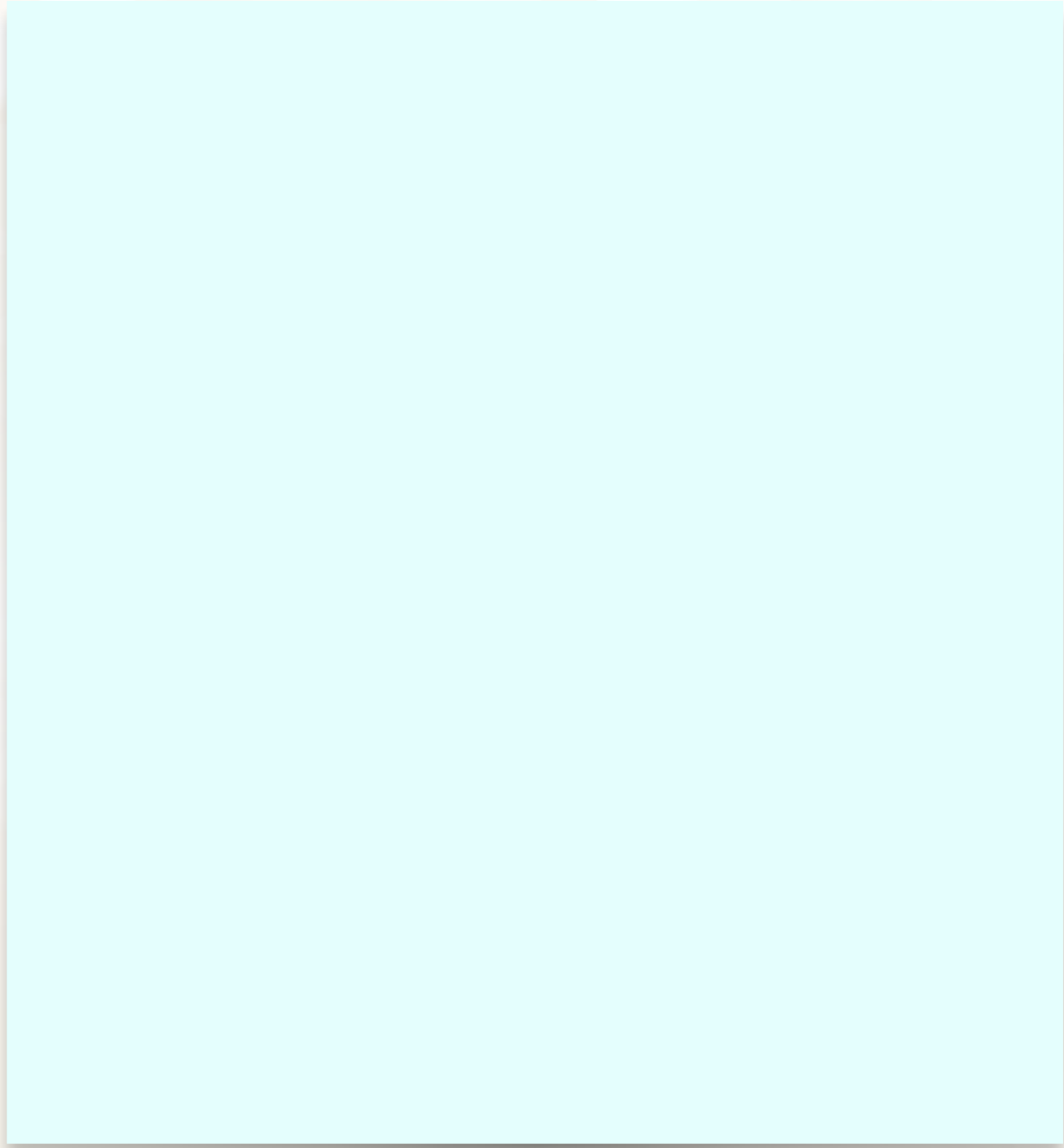
What's stopping you?

What do you feel is blocking you from what you want?

Who is in the way?

What do you need that you don't yet have?

What skills, resources or superpowers would help you?



Q 6

What are your Creative Dreams?

What's your Big Dream?

What would you love to create
this year?

What would you love to create
this week?

What would be your Ultimate
Creative Legacy?



That's it -
you did it!

Excellent work.

I hope you enjoyed that and found it useful.

Now all you need to do is save this pdf and email it to me

at: danielle@danielleraine.com

Then you can sit back, relax and while I get to work.

Enjoy the break - you've earned it.

(That was some deep and powerful pondering you just did!)

Of course, if you're all fired up with some new ideas and inspired nudges - go with them! Use that magical creative energy to get a head start.

Either way, I'll get back to you very soon with your personalised recommendations.

Well done, you're a star.

Danielle