

Monthly Creative Confidence Tracker

TRACK SMALL WINS AND CREATIVE COURAGE MOMENTS

DATE	ACTIVITY	COMPLETED
	TRIED A NEW TECHNIQUE	<input type="checkbox"/>
	SHOWED UP WHEN YOU DIDN'T FEEL LIKE IT	<input type="checkbox"/>
	FINISHED A PROJECT (EVEN A TINY ONE)?	<input type="checkbox"/>
	GAVE YOURSELF PERMISSION TO PLAY	<input type="checkbox"/>
	ENCOURAGED ANOTHER CREATOR	<input type="checkbox"/>
	CELEBRATED YOUR OWN WORK?	<input type="checkbox"/>
	REFRAMED A NEGATIVE THOUGHT ABOUT YOUR CREATIVITY	<input type="checkbox"/>
	MADE SOMETHING JUST FOR FUN (NOT FOR 'PERFECT')	<input type="checkbox"/>
	TOOK PART IN A CREATIVE CHALLENGE	<input type="checkbox"/>
	JOINED UP FOR A CLASS	<input type="checkbox"/>
	SAID SOMETHING KIND TO YOURSELF WHILE CREATING?	<input type="checkbox"/>
	WRITE YOUR OWN	
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

"WORDS I WANT TO REMEMBER"

JOT DOWN A FAVORITE AFFIRMATION, A QUOTE, OR EVEN SOMETHING ENCOURAGING A FRIEND SAID.

WORDS I WANT TO REMEMBER:
