

Mindful Artist Holistic Success Questions

Give yourself some quiet, uninterrupted time to daydream, ponder and respond to the questions below.

Why

Why do you make art? How did you get started? Is this a new passion or one longstanding? What got you “hooked”? What’s important to you about making art?

Who?

Who do you want in your community? Who is the audience for your art? Do you prefer to work alone or surrounded by others?

What?

What kind of opportunities do you want to have? What kind of impact do you want your work to have? What does making art do for you physically? Mentally? Spiritually?

Where?

Where do you want to live? Where do you want to make art? What kind of environment suits your needs?

When?

What time of day do you work best? Do you prefer concentrated periods of work with deadlines and breaks in between or do you prefer to work the same amount each week? How many hours each day, week or month do you *ideally* work?

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Your ideal day

Weave the response to the previous questions into an imaginary scenario. Start from waking up to going to sleep, giving all the juicy details. Allow yourself to be playful, imaginative and impractical. Where are you? How do you feel as you move through your day? Who is with you at various times during the day? How much time do you like to spend alone? Are you in the city or the country? How big is your studio or workspace? What does it feel like? What do you do for relaxation?