



Creative Goal Guide

The PAL Community

Creative Action Plan

Name _____

Creative Vision

Goals

Creativity:

Career:

Wellbeing:

Other:

Action Steps

1 _____

2 _____

3 _____

4 _____

5 _____

Strengths:

Challenges:

Values:

Key Supporters

1 _____

2 _____

3 _____

Timeline

1 month:

3 months:

6 months:

1 year:

It is possible +
I deserve it :)



Weekly Planner



Creative Vision: _____

Mon

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Tue

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Wed

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Thu

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Fri

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Weekly Goals

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Journal Questions

1. How do you feel about your current effectiveness (productivity, motivation, focus), relationships (including your self!), wellbeing (mental and physical), and achievement (overall satisfaction)?
2. Where would you like to be in those areas?
3. What can you do to get there? Identify 3 specific actions.
4. What is your ULTIMATE creative dream? No limits.
5. What are your greatest obstacles in accomplishing this? For every obstacle, identify 3 solutions to it.
6. Name 10 of your greatest strengths (Can be creative, mental, physical, emotional, social, technical ability, etc.)
7. Name 10 people who can support you in your goals (friends, family, peers, creative team, community, etc.)
8. Name 10 ways you can take care of yourself (ex. Meditation, walk in nature, call a friend, take a bath, etc.)
9. Where do you foresee yourself getting stuck? (Identify a plan for when this happens using your strengths, self-care practices and your supporters)
10. What are 3 of your greatest values in life? DON'T COMPROMISE THESE IN YOUR JOURNEY.

