



MAKE 2021

YOUR BEST YEAR

yet

WORKSHEET 1
PLANNING FOR 2021

Date:

PLANNING FOR 2021

If you haven't done so already, make sure you fill in the prep worksheet that precedes this worksheet. You might not know all the answers to the questions below, so take your time and ask for help if you are stuck.

Start getting excited about the direction of your art in 2021. Research new artists, look at new techniques and subjects, dig out old works you love. Write below 3 keys words or statements that will anchor your work in 2021.

What are your top 3 limiting beliefs that you discovered during the prep?
What do you need to do to overcome these?

Take your limiting beliefs from the previous question and write down the opposite, for example; I will have more time in 2021, I will have more money in 2021. Try saying these out loud too.

What is your focus word for 2021?

What do you need to do / be / have to bring this word to life?

What are the top 3 things you need to let go of in 2021? This could be saying yes to everything, toxic people, working in a job that makes you unhappy.

Circle 1-3 goals from from your art and personal mindmaps. Write below whether they are short term (1 year) goals or long term (2-10yr) goals. If you don't know how long they will take, that's OK as we will help with this in the next workshop.

Choose one main goal or your big vision from the prep and write it in the present tense below. For example, I am an artist working from my studio on the beach. I have financial freedom and my art is my primary income.

ACTION: Spend 3 minutes visualising this every day. Set an alarm and make the time to do it. Even if you visualise whilst you are walking the dog. Make sure you imagine this in your minds eye every day.

Start to visualise the best version of yourself and your life from today.

Track your time for at least 24 hours. Track how long you spend on social media, talking on the phone, sleeping, reading, watching TV, making art etc. This will be useful information when you review where your time is going.

You can set an alarm and record this written, or you can use an app like, Toggl. This is what I use to track my time and it's free. Write your results below.

My mission for 2021 is....

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