

Creative Clarity Assessment

Figuring out where you're thriving and where you might need a little extra support is like giving your creative journey a GPS upgrade—no more wandering in circles! It lets you celebrate the stuff you're crushing while shining a light on the things that might be tripping you up. Plus, when you uncover what's really going on, you get the clarity to tackle challenges head-on and turn opportunities into wins. It's not about "fixing" you (you're already awesome); it's about leveling up and making your creative life feel less like a struggle and more like a groove.

So...

Let's start, shall we?

So, what's your current gig?

- Aspiring creative visionary (your masterpiece is on the way)
- Screenwriter weaving cinematic magic
- Writer (words are your superpower)
- Musician rocking out (or plotting your next chart-topper)
- Actor bringing stories to life (on stage or screen)
- Designer creating visual brilliance
- Freelance juggler extraordinaire
- Other (because you're way too cool for labels)

What's your biggest creative struggle right now?

(Choose one or more options)

- Struggling to keep up when my career takes unexpected turns
- Feeling disconnected and alone while working on my creative projects
- Doubting myself, even when I know I've got the skills
- Hesitating to take risks because I'm afraid of failing or making a mistake
- Spending way too much time tweaking something because it never feels quite right
- Wondering if I'm truly qualified or just pretending to know what I'm doing
- Taking on more than I can handle to keep others happy
- Feeling like I'm putting in effort without seeing any progress
- Trying to make my work feel meaningful while avoiding burnout

How often do you feel like you're spinning your wheels creatively?


(Choose one)

- Almost all the time
- Occasionally, when I hit a block
- Rarely, but it does happen
- Not really, I feel pretty focused

When facing a challenge in your creative work, how do you usually respond?

(Choose one)

- I give up or avoid it entirely
- I push through, even if it feels overwhelming
- I take a break and come back with fresh eyes
- I ask others for feedback and keep going

<p><i>On a scale of 1-10, how often do you feel good enough in your work?</i></p>	<p><i>(1 being never, 10 being always)</i></p> <p> Write the number here: _____</p>
<p><i>How do you feel about the balance between your creative work and personal life?</i></p> <p><i>(Choose one)</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> It's all work, no play - I need more balance <input type="checkbox"/> I'm managing, but could use a bit more downtime <input type="checkbox"/> It's great - I feel like I'm balancing things well <input type="checkbox"/> I struggle to keep both sides separate
<p><i>When was the last time you celebrated a creative win, big or small?</i></p> <p><i>(Choose one)</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> It's been a while <input type="checkbox"/> I don't usually celebrate my wins <input type="checkbox"/> Recently, and it felt great! <input type="checkbox"/> I'm not sure if I even recognize them
<p><i>Do you find it hard to ask for support or feedback from others?</i></p> <p><i>(Choose one)</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Yes, I tend to keep it to myself <input type="checkbox"/> Sometimes, I'm not sure who to ask <input type="checkbox"/> Not really, I ask for feedback often <input type="checkbox"/> Nope, I'm open to advice and support
<p><i>When you look at your work, what's the first feeling that comes up?</i></p> <p><i>(Choose one)</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Frustration - it's not as good as I want it to be <input type="checkbox"/> Pride - it's exactly what I wanted to create <input type="checkbox"/> Confusion - I'm not sure if it's right <input type="checkbox"/> Indifference - I just do it to get it done
<p><i>If you could change one thing about your creative journey, what would it be?</i></p>	<p>Short Answer:</p>
<p><i>I'd prefer to get my assessment results...</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Delivered straight to my inbox (no awkward small talk required) <input type="checkbox"/> Let's set up a date for a virtual face-to-face (Zoom, WhatsApp, Skype –your choice, as long as I can wear pajama pants)

Conclusion

Hey there, creative soul!

Thanks for taking the time to fill out the Creative Clarity Assessment. Once you're done, send me your filled-in copy, and we can take the next step.

We can meet to chat about your creativity flow and tackle any challenges head-on, or if you prefer, I can send you a detailed email with insights and suggestions based on your responses. My emails are: coaching@kayconcept.com or kсениya.eksimez@gmail.com

Just let me know what works best for you!

Looking forward to diving into your creative journey!

Warmly,

Kay
