



Simply You

Prepare for a heart-centered journey
back to yourself.

Prepare to understand your relationship
with your creativity.

Prepare for solutions, insights and inspiration
for your creative life.

You've come a long way in your creative journey. You've stepped into your artistic life, emerging and expanding into your style. You're enamored with your creativity, you delight in your finished artwork, you come back for more.

But somehow in the midst of your achievements, you struggle. Do you question yourself? Do you judge yourself harshly and compare your work with others? Do you find it difficult to choose? These are common obstacles that can be rooted in your confidence, your expectations and your resistance.

This workbook is your companion for rediscovering your creative rhythm. It's designed to help you listen deeply, trust your instincts, and nurture the connection between your inner and outer creative worlds. Move gently, take your time, and allow your insights to unfold naturally.

You'll explore your creative story, your rhythms, your challenges, and your possibilities — all at your own pace.



getting to know you...

Start here by grounding yourself in your creative identity.

Use the prompts to reflect on your creative path and what has brought you here.

What kind(s) of art do you create:

How long have you been an artist:

How did you become an artist:

Where is your studio space:

What rituals (if any) do you consider necessary to your creating: (meditation, tarot, journaling, exercise/movement etc.)

your creative confidence...

When you prepare to create, how confident do you feel in your skills and intuition?

How easily do you make creative decisions? Do you trust your creative instincts or do you second-guess them?

What happens inside you when you feel unsure about your work? What feelings and/or physical sensations happen?

What makes you feel most confident and grounded in your creative process?

What situations most often trigger self-doubt in your creative life?

define your expectations...

do you maintain a schedule for your creative time each week:

does your schedule meet your expectations:

Why do you create art?

What have you received from making your art?

What do you expect to receive from your art?

How often are you looking at other artists' work? Is this a time for comparison or inspiration?

where is your resistance...

I make time and space for my creativity to flourish

I set goals for producing my art

I journal and reflect about my creative process

I honor and celebrate when I achieve my goals

I get frustrated with my art when it doesn't look good

It feels like I must be missing something and if I knew it, my art would be better

I want to develop my style, my voice but I don't know what it is

I want to understand my process so I can easily and regularly repeat it

additional journaling space

take your time as you reflect and expand your
answers here...

*The answers are within.
You can trust yourself.*

additional journaling space

take as much time as you need to reflect and expand
your answers here...

*The answers are within.
You can trust yourself.*

additional journaling space

When you allow yourself to journal freely, you are more likely to reveal your unique answers...

*The answers are within.
You can trust yourself.*

rest, reflect, reset

Take a moment now and thank yourself for taking your time and honestly answering these questions. This is not an easy task for many but the rewards for looking inward and discovering your inner artist self are great.

Taking an honest, gentle view of your creative confidence, expectations for your artist life and your resistance to creating your work will help you set up goals that align with your dreams.

Your insights into how you process your inner and outer worlds will guide you as you move through your creative practice and process, bringing you the joy and ease you desire.

In gratitude,
Susie Zol

