

Creative Questionnaire:

One question a day. One small step. The Kaizen way to open to your creative needs.

Write your Intention for your Creative Life Here: _____

Below are fifty questions. Take your time in answering. Start a journal, make a collage, paint, or just meditate over a hot cup of tea staring out at the sky. Discover as you answer each question what, when and how you let:

- Fear
- Negative Thinking
- Procrastination
- Sabotage
- Comparison of yourself
- Crisis
- Overwhelm
- Excuses
- Rationales
- Judgment
- Busyness
- And plain old “I can’t do this.”

Get in the way of fulfilling your creative dreams. Begin your journey and discover how fascinating you truly are.

Questions

1. Who were you taught to be? What subtle rules do you live by?
2. Who do you want to be?
3. Who listened to your feelings, thoughts, ideas, opinions?
4. What parts of yourself do you cover up?
5. Did you ever feel something and ignore it?
6. What part of your routine life are you afraid to give up?
7. What part of your power are you afraid of?
8. How do you conform?
9. What shall live? What shall die? What shall be woven in?
10. What have you repressed sexually, emotionally, creatively?
11. What do you crave in the pit of your soul?
12. What will satisfy your soul hunger?
13. How does it feel to deny yourself creative activities in your life?
14. How does one live in transition before hatching?
15. Whose life are you living?
16. How does one live in the “real” world and include the world of imagination?

17. What circumstances in life help you quiet down and listen to your own voice?
18. Do you have a choice about going or staying in the same routine?
19. Are you of this world or another? How do I live in both?
20. What do you know in your gut that you hide from?
21. What in your life appears to be something it's not?
22. What has been killed in you and lies buried?
23. What wounds have been left unattended?
24. Where are you going?
25. Are you moving at comfortable speed?
26. How are you progressing?
27. What is your motivation for wanting to create?
28. Have you felt out of control?
29. What are your commitments and intentions?
30. What wounds, trauma, abuse holds you back? What voice are you not listening to?
What keeps reoccurring?
31. What do you want to create?
32. What resentments do you hold and have not forgiven?
33. How do you feel your spiritual connection, sexually, creatively, emotionally, mentally?
34. What is your attitude about creativity?
35. How much time and space do you create to experience yourself?
36. What is your solitude?
37. What are you grateful for?
38. Are you disciplined? What distracts you? What excuses, dramas, rationales and beliefs stop you from staying on your path?
39. What needs, wants, and values do you disregard?
40. What dreams have you discarded?
41. When was the last time you wrote a night dream down and talked to it?
42. When was the last time you meditated with a tree?
43. Do you embrace your intention fully?
44. Are you focused? Do you eat when you want, sleep when you want, etc?
45. Are you curious? Do you fantasize? How often do you follow through on your dreams?
46. What can't you say no to? Say yes to? How do you set your boundaries and standards?
47. Do you meditate regularly? Pray regularly? Visualize regularly? Listen to your inner voices regularly? Set visions regularly? Clean out the old regularly? Keep the faith?
48. What doubts stop you? Fears? Do you experience your wounds fully? Do you trust your grieving?
49. What are you willing to do to get what you want?
50. The thing I am most afraid of is?