# A sustainable freelance practice

Reflection and understanding | 1 of 2

Balance the work you want with the conditions needed to keep doing it.

Name or initials (optional): _____ Date: _____

1. Which work is worthwhile financially, creatively and personally?

2. What does my real workload include beyond paid delivery: admin, marketing, revisions and recovery?

3. Where do unclear terms or late decisions create pressure?

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Choices and next steps | 2 of 2

Choose what is useful. You may leave questions blank, use extra paper or return another day.

4. What boundary needs strengthening around scope, fees, payment or availability?

5. What professional advice or peer support would help with an unresolved issue?

6. What one system or agreement will I improve this week?

My next step / support I can ask for / date to review: