Creating around my needs

Reflection and understanding | 1 of 2

Build a working approach around your actual energy, attention and sensory needs.

Name or initials (optional): _____ Date: _____

1. When does creativity flow most readily? What conditions are present?

2. Which tasks are difficult to start, organise, switch between or finish?

3. What sensory or social demands consume energy before the creative work begins?

Creating around my needs

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 supports help: visible steps, reminders, processing time, quieter space or working alongside someone?

5. What would I like collaborators to understand, and what do I prefer to keep private?

6. What single adjustment can I test, and how will I know whether it helps?

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