

# Uncovering your Creative Process

## Week 1: Worksheet 1

Through out the week pay close attention to the following and record the information. If you want to you can print this sheet out and write directly on it. Copy and paste the questions into evernote or another doc on your computer, and type as you go.

What time of day do you get most of your ideas?

What are you doing when most ideas to come to you?

Describe your perfect work environment. IE is it loud, organized, crowded, bright...

When do you have the desire to create?

What usually stops you from creating?