



Creative Focus

A DISCOVERY & ALIGNMENT PRACTICE

TAKE A MOMENT TO NOTICE HOW YOU'RE SHOWING UP.

How are you feeling? What is taking up the most space in your mind?

WHAT IS ASKING FOR YOUR ATTENTION?

What project, idea, or curiosity feels the loudest right now?

WHAT WOULD MEANINGFUL PROGRESS LOOK LIKE?

Not perfection or completion. Just one step.

WHAT COULD PULL YOU AWAY?

Naming your potential distractions empowers you to create mitigation plans.

SESSION GOALS

I give myself permission to:

