

The Artist's Dashboard: At the end of every month, check in with yourself.

Domain	Score (1–10)
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Physical Health	_____
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Sleep	_____
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Joy	_____
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Studio Practice	_____
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Financial Security	_____
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Relationships	_____
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Community	_____
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Creative Curiosity	_____
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Rest	_____
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Boundaries	_____
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Three Wins

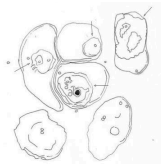
1. _____
2. _____
3. _____

Three Things I'm Carrying

1. _____
2. _____
3. _____

One Thing I'm Letting Go Of:

One Thing I'm Moving Toward:



Studio Boundary Plan

Boundaries protect creativity. Finish the sentences.

My studio hours are:

I do NOT answer emails after:

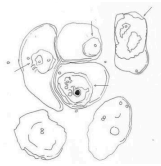
I create best when:

Things I need before making work:

- ☐ Food
- ☐ Water
- ☐ Stretching
- ☐ Music
- ☐ Silence
- ☐ Walk
- ☐ Other _____

Things that interrupt my practice:

One boundary I want to practice this month:



Values vs Opportunities Matrix

Every opportunity should be evaluated against your values.

Opportunity	Excites Me	Pays Me	Aligns With My Values	Helps My Career	Requires Too Much	Final Decision
[fill in the blank]	☐	☐	☐	☐	☐	YES / NO

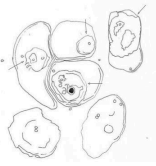
Then ask:

- Would I say yes if nobody knew I did it?
- Would I say yes if there were no social media post?
- Am I saying yes because I'm excited—or because I'm afraid?

[The full list of questions below]

Before you say yes...

- Would I say yes if nobody knew I did it?
- Would I say yes if there were no social media post?
- Am I saying yes because I'm excited—or because I'm afraid?
- Is this aligned with my values, or my ego?
- Am I saying yes because I want to—or because I don't know how to say no?
- Would I still want to do this if it didn't lead to another opportunity?
- Am I chasing this opportunity, or am I running away from something?
- If this were my only opportunity this year, would I still say yes?
- If five more opportunities exactly like this appeared tomorrow, would I still choose this one?
- Is this helping me build the life I want—or just the résumé I think I need?
- Does this move me toward the artist I want to become?
- What am I hoping this opportunity will finally give me?
- Am I expecting this opportunity to fix something it can't?
- Am I choosing from abundance or from scarcity?
- Is this decision being driven by fear of missing out?
- If someone else received this opportunity instead of me, what emotion would come up?
- What am I giving up by saying yes?
- What would I gain by saying no?



- Is this a "hell yes," or just "good enough"?

- Am I trying to prove something—to myself or someone else?
- Am I accepting this because it genuinely matters to me, or because it looks impressive?
- Will I have the emotional, financial, and creative capacity to do this well?
- If this disappeared tomorrow, would I feel relieved or disappointed?
- Does this opportunity honor the season of life I'm currently in?
- Am I making this decision from today's reality or from an imagined future version of myself?
- What need is this opportunity meeting? Recognition? Security? Community? Validation? Curiosity? Income?
- Does this opportunity leave enough room for my own work?
- Am I saying yes because I'm afraid there won't be another chance?
- If my closest friend described this opportunity to me, what advice would I give them?

- Five years from now, which decision is the version of me I hope I'll thank?