

# Accomplishments List

Date:



## Instructions

You are a creative person. This is a safe place for you to list your accomplishments. That is the evidence or proof of your creativity. Be specific and get into the details. For example you might write down the number of paintings you've created, the dance classes taken, being accepted onto a course, the hours spent with your practice, the short story completed, the poems written, the jewellery made. Put the date on the top so that you can come back to this page in a year or a few months time and see how far you have come.

(If you don't have a printer your journal or a plain piece of paper will work just as well.)