

Bloom vs Doom Diary

We all have doubts, painful thoughts or feelings and crises of confidence with our art and performance; this is NORMAL and to be expected. However, we do have some control over this: we can choose ACTIONS that increase our feeling of DOOM, or alternatively, help us BLOOM.

Over a week, record what difficult thoughts or feelings come up for you regarding your art, and note what actions you took, and whether these lead to 'Bloom' (enriched your creative life, improved your wellbeing) or 'Doom' (worsened your creativity, caused more pain and suffering)

Difficult/painful thoughts/feelings/memories that showed up today in relation to my creative practice.	My ACTIONS (things I did) when those thoughts and feelings showed up, which then lead to BLOOM (i.e. enriched my life, improved my sense of general wellbeing or my creativity).	My ACTIONS (things I did) when those thoughts and feelings showed up, which then lead to DOOM (i.e. worsened my experience, drained my creativity, caused more suffering for myself).

Bloom vs Doom Diary

Extra pages

<p>Difficult/painful thoughts/feelings/memories that showed up today in relation to my creative practice.</p>	<p>My ACTIONS (things I did) when those thoughts and feelings showed up, which then lead to BLOOM (i.e. enriched my life, improved my sense of general wellbeing or my creativity).</p>	<p>My ACTIONS (things I did) when those thoughts and feelings showed up, which then lead to DOOM (i.e. worsened my experience, drained my creativity, caused more suffering for myself).</p>