



**CREATIVE  
ROOTS**  
PROGRAM  
By Desktop Creatives

Phase 1

# COURSE PROGRAM WORKSHEETS

Individual Life Plan

# INTRO QUESTIONS



Answer these questions to your best ability.

**ARE YOU GIFTED? (YES or NO)** *Circle one.*

**IF SO, LIST AS MANY GIFTS AS YOU CAN BELOW.**

1. _____ _____	6. _____ _____	11. _____ _____	16. _____ _____
2. _____ _____	7. _____ _____	12. _____ _____	17. _____ _____
3. _____ _____	8. _____ _____	13. _____ _____	18. _____ _____
4. _____ _____	9. _____ _____	14. _____ _____	19. _____ _____
5. _____ _____	10. _____ _____	15. _____ _____	20. _____ _____

# LIST YOUR LIKES + DISLIKES. PT 1

Think about what you really LIKE + DISLIKE. The first line item is your 'top choice.'

## LIKES LIST

1.   
*(This is the 'top item' you like)*
2.
3.
4.
5.

## DISLIKES LIST

1.   
*(This is the 'top item' you dislike)*
2.
3.
4.
5.

# LIST YOUR LIKES + DISLIKES. PT2

Select one option per each item.

## LIKES LIST

HOW OFTEN A WEEK DO YOU GET TO DO WHAT YOU ENJOY?

- Once a week
- Twice a week
- Three - five times a week
- Everyday

WHERE DO YOU LEARN ABOUT THE THINGS YOU LIKE?

- Family
- Friends
- School
- Church
- Television / Movies
- Other

## DISLIKES LIST

HOW OFTEN DO YOU HAVE TO DO THINGS YOU DISLIKE?

- Once a week
- Twice a week
- Three - five times a week
- Everyday

WHERE DID YOU LEARN ABOUT THE ITEMS YOU DISLIKE?

- Family
- Friends
- School
- Church
- Television / Movies
- Other

# LIKES + DISLIKES

## 4 QUADRANT. PT 3

Fill in your LIKES + DISLIKES in the sections below.

Place the 'circle and number' within the four quadrant in the quadrant that feels best.

### LIKES LIST

L1  *Top Pick*

L2

L3

L4

L5

### DISLIKES LIST

D1  *Top Pick*

D2

D3

D4

D5

### 4 QUADRANT

LIKES	EXAMPLE L1 EXCITED
NEUTRAL FEELING	
DISLIKES	FRUSTRATED

# PURPOSE + POTENTIAL

BRIEFLY DESCRIBE WHAT YOU THINK YOUR PURPOSE IS.

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LIST YOUR KNOWN TALENTS YOU ARE AWARE OF.

1.	<input type="text"/>	(Top talent)	5.	<input type="text"/>
2.	<input type="text"/>		6.	<input type="text"/>
3.	<input type="text"/>		7.	<input type="text"/>
4.	<input type="text"/>		8.	<input type="text"/>

WHERE DO YOU DESIRE TO USE YOUR CREATIVITY?

(Choose one)

- EMPLOYMENT     ENTREPRENEURIAL     BOTH

# EMOTIONS + BEHAVIOR. PT1

Fill out each line item briefly describing what you should be doing to maximize your daily routine.  
(Include line necessary line items ex: sleep, family/friends, personal time, job, business endeavors).  
(This template is reusable).

## MORNING

6 AM

---

7 AM

---

8 AM

---

9 AM

---

10 AM

---

11 AM

---

## EVENING

6 PM

---

7 PM

---

8 PM

---

9 PM

---

10 PM

---

11 PM

---

## AFTERNOON

12 PM

---

1 PM

---

2 PM

---

3 PM

---

4 PM

---

5 PM

---

## MIDNIGHT

12 AM

---

1 AM

---

2 AM

---

3 AM

---

4 AM

---

5 AM

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# EMOTIONS + BEHAVIOR. PT2

For each day, write out your primary focus. Each day should be a primary focus (minimum 1-2 high priority items).  
(This template is reusable).

## WEEK 1

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

## WEEK 2

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

## WEEK 3

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

## WEEK 4

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/