



ART STUDIO

PLAN YOUR YEAR AHEAD WORKBOOK



2024 REVIEW

Part 1 Looking Back

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INTRODUCTION

I have spent most of my life in the corporate world. Prior to becoming a fulltime artist I was a Marketing Director for over ten years. Whilst many of the skills I acquired in that life have limited relevance to my art practice, the one that is completely transferable and incredibly important is the act of setting goals and developing a plan to achieve these.



This three part guide will help you make sure that 2025 will be a great year for you and your art practice. So clear your diary for a couple of hours, grab a pen or pencil, a mug of tea or coffee and take three deep breaths.

PART 1: ASSESSING WHERE YOU ARE NOW

Taking some time to review the past 12 months will give you not only a better understanding of where you are but also some clues about what might be useful for you in the next twelve months. This booklet consists of three different exercises. You can complete it all in one go or break it down and give yourself more time to reflect. The first part is a brain dump so ideally completed in one session. It should be relatively quick as it is designed to capture the things that are top of mind.

Section 2 is an audit so depending on how thorough you want to make this it may take you a little more time. If you are a detail person you will probably want to collect together your work for a fuller review. Others may just scan through their social media feed.

Section 3 brings together your learnings from sections 1 and 2 to give you the opportunity for an honest but considered review of the year.

"OFF THE TOP OF YOUR HEAD"

Our lives and our art are interconnected so understanding how different aspects of our life impact our art practice is important. And its not just the big stuff that can have an affect so close your eyes and think about 2024 – what was last year all about for you?

This is just a quick exercise so there is not right or wrong. Jot down a couple of high or low lights for each area – capture the first things that come to mind.

HOME Personal life, relationships, home improvements, holidays, etc



MIND AND BODY

Health and fitness, your diet, mental health, personal growth, etc



WORK Money, your job or studies, your art sales, your website or social media channels, etc



CREATIVITY Your art practice, your inspiration, etc



If you had to describe 2024 in three words, what would they be?

ART INVENTORY

It can be useful when reviewing our art year to complete an art audit. Set aside some time to take a look back at the work you created, including your sketchbooks, if you have a sketchbook habit.



Thinking about the paintings you created this year how many are you satisfied with? Describe them?

Why do these stand out for you?

Was there anything about the process of creating them that was different?

Did you create a milestone piece of art this year? Why does this one stand out?

Did you exhibit any work this year? Often making that big step to share your work can be daunting but extremely rewarding when you take that leap.

2024 Art Income

£

LEARNINGS FROM 2024

Starting with some positive thinking



Big accomplishments: What are the big things that you achieved this year in art and in your life?

Did you celebrate those wins? If so, how? It's important that you take the time to enjoy and celebrate achievements rather than rushing straight on to the next thing. Celebrations don't need to be big or expensive but rewarding yourself is an important way of reinforcing progress. If you didn't celebrate make a note of this)

What are you most proud of?

Section 3

Best Moments – what has brought you the most joy this year?



What did you spend your time on this year? Capture the big blocks of time.



Are there any areas here that you now consider to be wasted time? *How can you change those?*

What was the biggest risk you took?
How did that work out for you?



What surprised you most?

Who has helped or influenced you most in 2024? *What support will you need in 2025?*

Learning is incredibly important to artists. Not only does it nourish the mind it also opens us up to new and exciting opportunities and stops us getting into a rut.



What were the biggest lesson you learned over the past 12 months?

What, if any, training did you complete?

Did any art books stand out for you?

Did you discover any new tools or methods?

Do you have any 'first times' to be proud of?



2024 CHALLENGES

There will be things that you didn't achieve despite best intentions. Often it is practical things that stop us – lack of time, illness, family or work commitments. But sometimes we are holding ourselves back and need to recognise this and address it.

What were you not able to accomplish in 2024?

Why was that? *Do you need to take this into account moving forward?*

Of the things you didn't achieve, do you want to carry any of them over into 2025? If so, capture them.

Section 3

What were the biggest challenges you faced?

How did you overcome these? *Is there anything you would do differently if you faced these challenges again?*

Who or what helped?

What have you learned about yourself in overcoming these?



STARTING TO THINK ABOUT 2025

What do you want to carry forward from the previous year? This might be a project, a practice or simply an intention

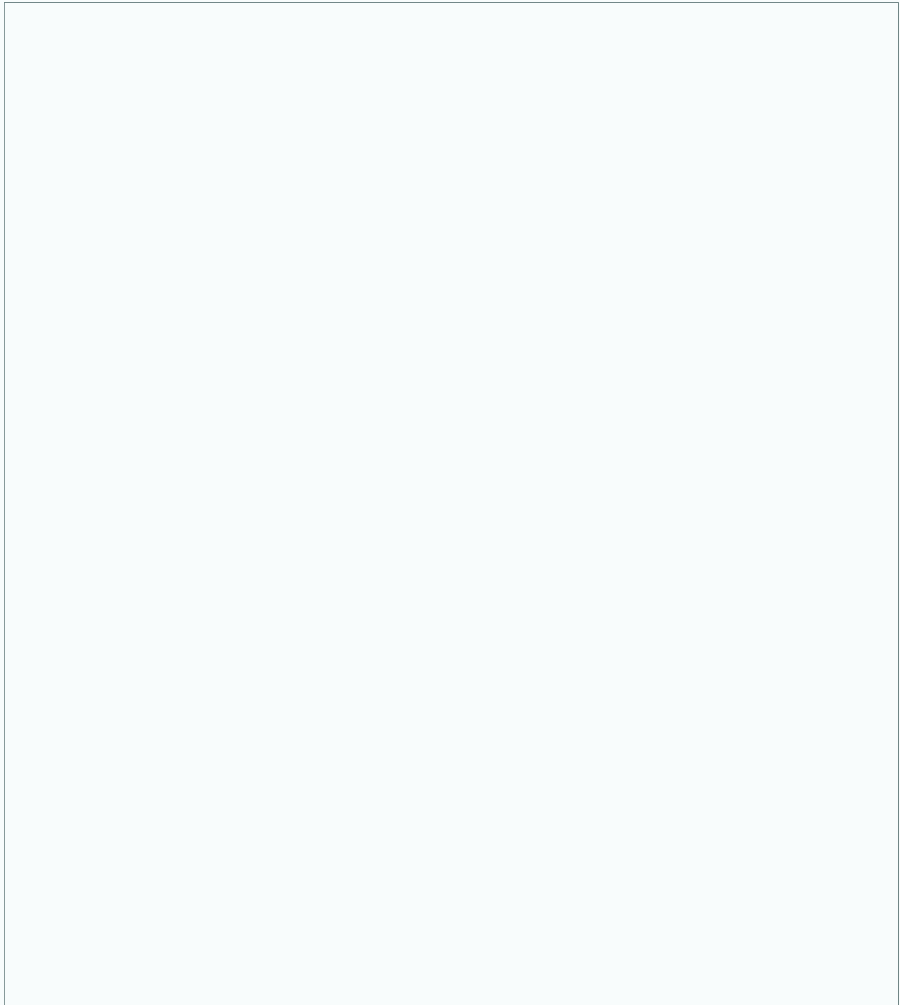
Are there any changes you want to make to your creative practice?

Are there any areas of growth/development that need to be carried forward?

Are there any skills or techniques you want to learn next year?

Section 3

Looking back helps us plan for the future but dwelling too much, especially on regrets or mistakes can stop us moving forward. So, is there anything else to say about 2024 that you haven't already captured? Treat this as an opportunity for a clearing process. Is there anything you need to process in order to let go of 2024?

A large, empty rectangular box with a thin black border, intended for the user to write their reflections on 2024.

GOODBYE TO 2024.

Congratulations you have completed your review. Give yourself a pat on the back.

Next step is setting some goals for 2025