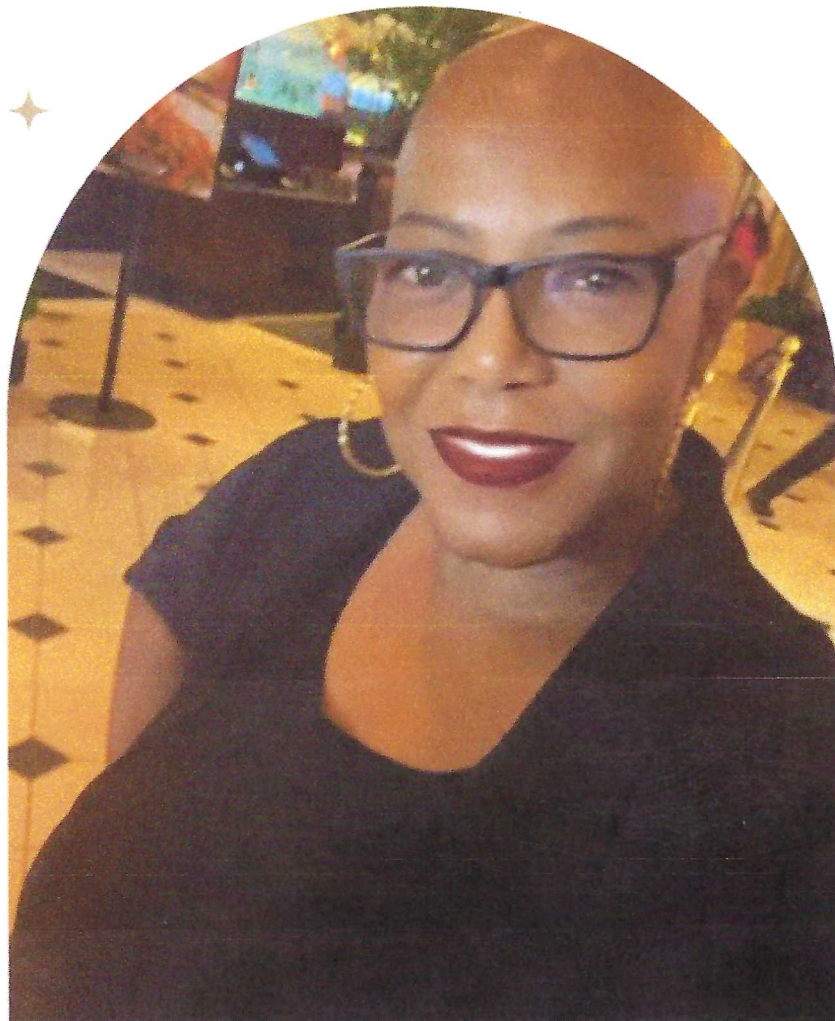


# Art Mentorship Worksheet

*I am so excited to work with you!*

Looking forward for a beautiful journey.



# YCB

Yvonne Coleman Burney  
Mixed Media Collage Artist  
*I create art with passion and love for you!*

## CLIENT QUESTIONNAIRE

# FIRST SESSION THOUGHTS

CLIENT'S NAME:	DATE:
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YOUR BIG GOALS
1.
2.
3.

YOUR BIG WHY
1.
2.
3.

WHAT ACTION STEPS HAVE YOU TAKEN
1.
2.
3.

# MY BEST SELF

To improve our lives we must enhance who we are.  
If we want to attract better things into our lives, we must improve ourselves. Use this worksheet as a guide to set goals and plan for your best self along with your vision for your art and what level you want to take your art to.

HABIT TO CHANGE	SKILLS TO LEARN
VALUES TO ENHANCE	QUALITIES TO ADOPT

# MENTORING QUESTIONS

COACHING QUESTIONS	REMARKS
1) 1. WHAT DO YOU ASPIRE TO ACHIEVE BY THE END OF THIS SESSION?	
2) 2. WHAT MATTERS MOST IN YOUR LIFE?	
3) 3. WHAT IS YOUR DAILY ROUTINE?	
4) 4. WHAT IS YOUR BIGGEST STRENGTH AND WEAKNESS?	
5) 5. WHICH OF YOUR STRENGTHS BECOME YOUR LIMITATION WHEN YOU EXERCISE IT TOO MUCH?	
6) 6. WHAT IS YOUR ULTIMATE GOAL IN LIFE?	
7) 7. HOW COMMITTED YOU ARE TOWARDS YOUR GOAL?	
8) 8. WHAT DOES YOUR INTUITION TELL YOU ABOUT THIS GOAL?	
9) 9. IF YOU CAN CHANGE ONE THING ABOUT THE GOAL WHAT IT WOULD BE?	
10) 10. WHAT MAKES YOU DIFFERENT THAN OTHERS?	
11) 11. WHAT RESOURCES DO YOU HAVE ACCESS TO?	
12) 12. HOW WOULD YOUR BEST FRIEND DESCRIBE YOU?	
13) 13. WHAT DO YOU NOT WANT ME TO ASK YOU?	
14) 14. WHAT IS THE CURRENT BIGGEST CHALLENGE THAT YOU ARE FACING?	
15) 15. WHAT DO YOU NEED THE MOST RIGHT NOW?	
16) 16. WHAT IS THE DEFINITION OF SUCCESS FROM YOUR VIEWPOINT?	
17) 17. WHAT IS SOMETHING THAT YOU ARE PROUD OF?	
18) 18. WHO ARE THE KEY PEOPLE IN YOUR NETWORK OF SUPPORT?	
19) 19. ON A SCALE OF 1-10, WHERE ARE YOU?	
20) 20. WHAT IS STANDING IN YOUR WAY?	

# GOALS & ACTION STEPS

LET ME KNOW WHAT GOALS YOU HAVE FOR YOUR ARTWORK  
WE WILL WORK ON ACTION STEPS TOGETHER

GOAL #1 :

ACTION STEPS :

- 
- 
- 

GOAL #2 :

ACTION STEPS :

- 
- 
- 

GOAL #3 :

ACTION STEPS :

- 
- 
- 

GOAL #4 :

ACTION STEPS :

- 
- 
-

**RATE YOUR**  
**THINKING**

LOOK AT THE LIFE AREAS BELOW AND RATE YOURSELF BETWEEN 1-10 WITH HOW SELF-AWARE AND CONFIDENT YOU ARE IN EACH CATEGORY.

BELIEF IN YOURSELF

1      2      3      4      5      6      7      8      9      10  
NOT VERY      EXTREMELY

ABILITY TO BE POSITIVE

1      2      3      4      5      6      7      8      9      10  
NOT VERY      EXTREMELY

FLEXIBLE ATTITUDE

1      2      3      4      5      6      7      8      9      10  
NOT VERY      EXTREMELY

DECISION MAKING

1      2      3      4      5      6      7      8      9      10  
NOT VERY      EXTREMELY

ABILITY TO STICK TO GOALS

1      2      3      4      5      6      7      8      9      10  
NOT VERY      EXTREMELY