



Kathryn Schnabel Workshop #3
YOTA Art Matters Grant:
Building on Your YOTA Experience: What's Next
as an Artist and Collaborator
WORKSHEET

Use this worksheet to collect your thoughts and invite inspiration for future projects. I find it helpful to do two versions of the worksheet - the first one very loosely for brainstorming and ideas that pop into your head, and the second to refine and sharpen your answers.

REVIEW YOUR WORK

1. Think about all the different types of activities that you did in association with this project. For example, hosting meetings, writing emails, planning a budget, creating sketches, etc. Which of these activities **did you enjoy**?

2. What will you **do more of** next time?

3. What were the **key parts of the project**, from start to finish?

4. What **skills** did you improve upon or develop during this project?

5. What was your **biggest learning experience or challenge** during this time? What parts of the project did you not enjoy?

6. What **benefits or insights** do you think your **collaborators** gained during your work together?

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Evaluate your responses and assign a score for each on a scale of 1 - 5.

1 is a low score, indicating something you didn't enjoy or want to repeat, and 5 is a very good score, indicating that you would like to do this activity or have the experience again.

List the items scoring a 1, 2 or 3:

Review the list above, and decide if the activity is something you want to improve upon. Even if you didn't enjoy the experience, would it be helpful to learn more about it, or do you wish you were better at it? If so, **put a star by it**, and if not, simply allow it to be on your list.

List the items scoring a 4 or 5:

These are the activities and experiences that hold the most good energy for you. Review this list and ask yourself what items you would like to **expand upon**, and which ones can **simply be celebrated** for the satisfaction and enjoyment you received.

For example, you may have had a very fun time engaging children in a creative activity, but you're not really interested in becoming better or busier at this skill. However, maybe you discovered that helping them speak about their work was profoundly satisfying and enjoyable for you, and you would definitely consider doing more of this work. **Circle the expansive activity.**

Are there activities that you aren't sure about? Write them here, and try to note what you liked and disliked about each one.

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What's Next: Building on Your Momentum

PRACTICAL APPLICATION

Review your items in all scoring categories, and **list the items with stars**. These are the ones you wanted to improve upon or learn more about:

List the items that you circled, indicating that you'd like to spend more time and energy doing this work. These are activities and experiences you'd like to expand upon.

What you wrote above is the beginning of what you will create for yourself going forward. This will take awhile to gel, and may 'morph' around and change as it takes shape. Continue to think about this over the next days and weeks, and write down ideas or impressions as they come in.

What's Next: Finding Inspiration

ARTISTIC EXPRESSION

Reflect on your lists - the lukewarm, the ok, and the really good experiences. Ask your creative self if there are any themes or ideas that emerge. Feel your way into this exercise. Write down or sketch anything that bubbles up.

If you get a little stuck, try this approach. You are commissioned to create a work that expresses your experience with the project. Your client would like to start with a simple discussion about **themes that resonate with you**. What comes to mind?
