# **Creative Discipline Tracker**

**Purpose:**This tracker is designed for independent artists to stay consistent, manage their creative goals, log progress, track submissions, and reflect on their practice regularly. It works across all art forms - music, visual art, film, writing, design, dance, etc.

## **SECTION 1: Weekly Creative Goals**

Every Monday (or at the start of your week), set 1–3 clear goals.

**Example layout:**

| **Week of: \_\_\_\_\_\_\_\_\_\_\_\_** |
| --- |
| **Goal 1**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Goal 2**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Goal 3**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Tips:**

* Keep goals measurable (“Finish 3 pages of script,” “Upload portfolio update”)
* Balance ambition with what’s realistic
* Reflect on unfinished goals at the end of the week

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## **SECTION 2: Daily Creative Log**

Use this to log what you worked on each day. Track time spent, energy levels, and short notes on what you did.

**Example layout:**

| **Date** | **Activity** | **Time Spent** | **Focus Level (1–5)** | **Notes** |
| --- | --- | --- | --- | --- |
| 2025-05-20 | Sketching new characters | 1.5 hrs | 4 | Felt productive, saved 2 good drafts |
| 2025-05-21 | Grant research | 2 hrs | 3 | Distracted, but found 2 solid options |

**Customize Focus Level Scale:** 1 = very distracted, 5 = fully in flow

## **SECTION 3: Submission & Outreach Log**

Track when and where you submit your work — whether for grants, festivals, galleries, residencies, magazines, playlists, or competitions.

**Example layout:**

| **Date** | **Submission Type** | **Platform / Org** | **Status** | **Outcome** | **Notes** |
| --- | --- | --- | --- | --- | --- |
| 2025-05-18 | Grant Proposal | Creative Capital | Sent | Pending | Need to follow up in 3 weeks |
| 2025-05-12 | Music Demo | Indie Playlist | Rejected | - | Revise mix before next one |

**Tip:** Schedule follow-ups and log responses.

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## **SECTION 4: Learning & Skill Development**

Track what you’re learning outside of making. This includes courses, tools, readings, feedback sessions, etc.

**Example layout:**

| **Date** | **Topic / Skill** | **Format** | **Source** | **Notes** |
| --- | --- | --- | --- | --- |
| 2025-05-14 | Color theory | Video | YouTube (Satori Design) | Applying to next series |
| 2025-05-15 | Grant writing tips | Webinar | Artist Resources Hub | Saved checklist |

**Optional tags:** #creative #business #technical #promotion

## **SECTION 5: Weekly Reflection**

At the end of your week (or project cycle), reflect briefly on how it went.

**Prompts:**

* What did I finish this week?
* What challenged me?
* What energized me?
* What do I want to do differently next week?

**Example:**

This week I submitted a grant and finished 2 demo tracks.  
 Struggled with time management midweek.  
 Editing is becoming a creative block — may need feedback sooner.  
 Next week: limit multitasking, schedule 1 tech-free work session.

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## **Optional SECTION 6: Monthly Check-In (Summary)**

Use once a month to look back and reset.

**Prompts:**

* What were my top 3 wins?
* Did I meet most of my weekly goals?
* Where did I lose momentum?
* What patterns am I noticing in my practice?
* What’s one thing I want to improve next month?

## **How to Use This**

* **Digital:** Copy this into a Notion doc, Google Doc, or Airtable
* **Printable:** Print weekly/monthly and use by hand
* **Flexible:** Add sections like finances, inspiration sources, collaborators, etc.
* **Discipline ≠ pressure:** Use this to support creativity, not to punish missed goals