

# the create room journey

## C.R.E.A.T.E. GOALS

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DEFINE THE TOP BARRIERS TO CREATIVITY THAT YOU WANT TO OVERCOME.  
THIS WILL INFORM YOUR CREATE GOAL. REFER BACK TO STEP 2.

**BARRIER #1:** \_\_\_\_\_

**C - CONCRETE** What do you ultimately want to achieve? Write it down in simple form.

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**r - REALISTIC** Think about scope. Ensure your goal is reasonable and achievable.

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**e - EXACT** Add specifics and measureable details.

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**a - ACTION ORIENTED** Determine the actions required to accomplish this goal.

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**t - TIME BOUND** Set a time frame and deadline for completion.

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**e - EXCITING** Ensure that your goal aligns with your creative purpose and helps you  
overcome your creative barriers.

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**BARRIER #2:** \_\_\_\_\_

**C - CONCRETE** What do you ultimately want to achieve? Write it down in simple form.

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**R - REALISTIC** Think about scope. Ensure your goal is reasonable and achievable.

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**E - EXACT** Add specifics and measurable details.

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**A - ACTION ORIENTED** Determine the actions required to accomplish this goal.

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**T - TIME BOUND** Set a time frame and deadline for completion.

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**E - EXCITING** Ensure that your goal aligns with your creative purpose and helps you overcome your creative barriers.

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**BARRIER #3:** \_\_\_\_\_

**C - CONCRETE** What do you ultimately want to achieve? Write it down in simple form.

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**R - REALISTIC** Think about scope. Ensure your goal is reasonable and achievable.

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**E - EXACT** Add specifics and measureable details.

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**A - ACTION ORIENTED** Determine the actions required to accomplish this goal.

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**T - TIME BOUND** Set a time frame and deadline for completion.

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**E - EXCITING** Ensure that your goal aligns with your creative purpose and helps you overcome your creative barriers.

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