



FROM FEATHER TO WINGS

Artist's Workbook

A companion guide
to grow your
creative wings

By Crista Cloutier

Dear Artist,

You hold in your hands a special tool for your creative journey. This workbook is your personal flight log, designed to capture your responses to the quests that appear throughout *From Feather to Wings*. Think of it as your sacred space to explore, reflect, and grow your creative wings.

A few guidelines for making the most of this workbook:

- * Take time to sit with each quest. Don't rush through the questions. This isn't a test – it's an exploration.
- * Return to your answers often. They're not set in stone. As you progress through your journey, you may find your responses evolving. That's perfect!
- * Be honest with yourself. The more truthful and vulnerable you are in your responses, the more powerful your insights will be.
- * Don't feel pressured to fill every space completely or answer every question perfectly. Sometimes a few words capture more truth than paragraphs.
- * Consider dating your entries. This creates a timeline of your artistic development that you can look back on.

Remember, you don't have to complete this workbook in one sitting. Let it be a companion on your journey, something you return to again and again as you develop your practice and identity as an artist.

Are you ready to begin? Take a deep breath, turn the page, and let's start growing those wings together.

Follow this...



FEATHER ONE:

CONNECT WITH THE
ARTIST YOU ARE

*Being an artist
isn't just what
you do -- it's
who you are.*

FEATHER ONE. QUEST 1:

We often read books like this because we're looking for change. Complete this letter to Your Future Self - the self who has finished reading this book and already undertaken the quests.

Dear Future _____ (your name here),

I chose to open this book and if it feels good, I'll continue to choose to engage with it. I'll commit to doing the quests and developing the tools that are presented.

The outcome that I'm working toward is:

I understand that it's my choices that determine my destination and not my past. I know that my present circumstances don't define me. I'm capable of whatever accomplishments I put my energy toward.

I'm looking forward to becoming you soon, dear Future Self. And I commit to taking growing the feathers to get there.

Yours truly,

FEATHER ONE. QUEST 2:

Who was the first artist who had an impact on you? What was that impact?

FEATHER ONE. QUEST 3:

Write about a time that you've fallen back and landed on your ass. Then write about a time that you've fallen forward and begun to fly. (Hint: they're sometimes the same fall.)

FEATHER ONE. QUEST 4:

Think of all the art projects you've worked on, and all the jobs you've had -- in and out of art. List your accomplishments. Don't edit yourself and don't leave things out. Life is messy and you can be messy too.

FEATHER ONE. QUEST 5:

In one paragraph or maybe two, tell me what you have done as an artist. Have you performed or shared your work? Have you been profiled online? Go back and look at your answers to the previous quests, you'll find some real gold there.



FEATHER TWO:

SETTING THE COURSE

What's the one quality that all successful people share? They didn't quit.

FEATHER TWO. QUEST 1:

8

Write about a teacher, mentor family member, or friend who believed in you.

FEATHER TWO. QUEST 2:

What is it that you want to accomplish as an artist?

Where do you want your creativity to take you? When you dream your dreams, where do you see your work taking you?

Are you going there now? Are you pointing in the right direction? Or is it time to pull out the map again?

Why? Why is your work important to you? Why do you create what you do?

FEATHER TWO. QUEST 3:

Write down the words that best describe your vision for true success.

And now write down how it feels? How would this true success feel for you?



FEATHER THREE:

FACING YOUR FEARS

*Artists
constantly fall.
But working
artists always
get back up.*

Can you identify someone – perhaps an historical figure, a contemporary artist, or even a friend – whose life journey inspires you? Name someone who embodies courage and shows authenticity and the willingness to face their fears head on.

Who is this person for you?

What can you learn from their example?

How can you embody these qualities in yourself?

FEATHER THREE. QUEST 2:

What's the message from your hEArT? Finish this letter by free-writing without judgement:

Dear Artist,

I am your hEArT and this is what I want to tell you:

FEATHER THREE. QUEST 3:

What's a little-teeny-tiny step that you can take now toward your jump – your leap of faith? Name it and then commit. Do it.

FEATHER THREE. QUEST 4:

Write yourself a letter from that part of yourself that you identify as Your Fear. Don't think about it, just write what comes out. There's no way to do this wrong.

Dear _____ ,

I am Your Fear and this is what I want to tell you:

Love,

Your Fear



FEATHER FOUR:

DEVELOP YOUR CRAFT

Craft is mastering your tools, understanding your medium, knowing its history, and taking your work seriously.

FEATHER FOUR. QUEST 1:

Is there a little-teeny-tiny step that you can take toward improving your craft?

Consider:

- Prioritizing a more consistent practice
- Researching new techniques
- Studying the masters
- Learning from others in your medium

My next little-teeny-tiny step is...

FEATHER FOUR. QUEST 2:

How can you show more respect to your creative practice?

To your professional practice?

FEATHER FOUR. QUEST 3:

If you're having trouble guarding your time, promise yourself now: I will become a better gatekeeper of my time by:

FEATHER FOUR. QUEST 4:

Where can you choose ONE and focus? Will it be your style? Your medium? Your subject matter? Or even something else... what's your ONE?

FEATHER FOUR. QUEST 5:

Write one paragraph, maybe more, where you talk about your art journey through your craft.

Consider:

- What's the lineage of your craft?
- Have you studied with a teacher?
- What artists before you do you admire in terms of their craft?
- What are you most drawn to in terms of craft?
- Have you been recognized for your craft with any awards, publications or mentions?



FEATHER FIVE:

FINDING YOUR VOICE

Every artist has a unique voice and connecting with it is the greatest treasure you'll receive on your creative journey.

FEATHER FIVE. QUEST 1:

What's an important lesson that another artist has taught you?

FEATHER FIVE. QUEST 2:

What impact do you want your work to have on the world?

Jot down 25 things that you might include in your Artist Statement. Be messy. Don't worry about fully formed ideas -- just write 25 words or phrases that make sense to you as it relates to what you've done, what you're doing, and what you want to do in terms of your creativity.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

18. _____

19. _____

20. _____

21. _____

22. _____

23. _____

24. _____

25. _____

FEATHER FIVE. QUEST 4:

Are there real-world skills and tools that you'll need to acquire for the journey in front of you? Perhaps you need to build a website? Or create a social media presence? Or edit video?

List any skills or tool you might need here:

FEATHER FIVE. QUEST 5:

Now it's time to write The Artist's Statement. Take a breath, you've got this.

First Draft:

Revision Space:

Final Version:



FEATHER SIX:

BUILDING YOUR
CONFIDENCE

***Confidence is
choosing the
energy you
bring forward.***

What are some of the things that nourish you as an artist? List 5 to 10 things that make your Muse feel alive:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

How can you bring more of this into your creative practice?

FEATHER SIX. QUEST 2:

Identify an artist you admire who exudes confidence:

What specific behaviors or attitudes do they exhibit that you'd like to emulate?

Choose one to practice for a week:

FEATHER SIX. QUEST 3:

Create an affirmation that will energetically fill your Confidence Tank.

- Keep it very simple.
- Short and sweet does the trick.
- Keep it present tense, like it's true right now.
- Make it affirmative – not “I hope” or “I will try to” but rather you want to state I am!

I am:



FEATHER SEVEN:

PERSISTENCE

Persistence is tenacity. It's resolve, it's the digging-in-deeper, it's the stick-to-it-ness, it's bouncing back.

A practice can be an approach, a strategy, a method. Do you have a practice around your work?

My artmaking practice is:

My business practice is:

My learning practice is:

FEATHER SEVEN. QUEST 2:

Do you find yourself procrastinating on starting a project or a task? If so, let's workshop it. Write the project or task you're procrastinating on here:

Ask yourself if it scares you in some way? Does it seem too big, for example?

If you answered yes above, write 3 reasons why you know that you will succeed, in spite of your fears. I will succeed because:

1. _____

2. _____

3. _____

Ask yourself if this task or project is something that you really want to do?

If you answered no, write 3 things that could happen as a result of doing it and 3 things that will happen if you continue procrastinating forever.

If I do it anyway:

1. _____

2. _____

3. _____

If I procrastinate forever:

1. _____

2. _____

3. _____

Now make a list of everything you need to do to get started. Break it down into little-teeny-tiny steps.

Pick out the first step. Take it.

Let's create a powerful morning or evening routine that sets you up for success:

1. Choose your time: Will this be a morning or evening routine?

2. List some key goals you're currently working towards.

3. Now, design a Working Artist's Power Routine that incorporates elements to support these goals.

4. Commit to following this Power Routine for the next 7 days. At the end of the week, reflect:

- How did this routine impact my artistic practice?
- Which elements were most beneficial?
- What adjustments, if any, will make this routine more effective for me?
- Am I willing to continue making this routine part of my day?

Remember, the key to success is consistency. By creating a Power Routine, you're setting yourself up for persistent, daily progress. Stick with it, and watch your determination grow!



FEATHER EIGHT:

FAILURE

*The only thing
you can truly
fail at is failing
to try.*

If you were given one year to live, what choices would you make about your work as an artist?



FEATHER NINE:

SHARING IT WITH
YOUR PEOPLE

***Art is
communication,
and your
creative voice
has value.***

FEATHER NINE. QUEST 1:

Old labels that don't define me are:

[Draw a line through each one after you finish! These labels don't define you – you define you]

FEATHER NINE. QUEST 2:

Let's find your Golden Thread. Consider these questions:

What are those subjects that you could talk about all day long?

What are those things that people always seem to see in your work? Is it your medium? Your subject matter? Your colors? Your heart? Your story?

What makes your work uniquely yours? What's your Golden Thread?

Let's do a relationship check. Which, if any, social media platforms do you use?

Are you making real connections or just posting?

Do you have a mailing list of supporters interested in your work?

Are you engaging with them or just trying to get them to buy your stuff?

If relationships are your currency, are you rich or poor?

Where can you invest to be more affluent?



FEATHER TEN:

WALKING IN FAITH

***Faith is the
opposite of
anxiety.***

Faith is the opposite of anxiety. For this feather's growth, it's important that we take control of anxiety once and for all.

Can you identify a source of anxiety in your life right now?

What steps can you take to manage the situation?

And more importantly, what can you do to control your response to the anxiety? Are there practices, such as meditation or walking or professional therapy, that you can put in place to move past it?



COMPLETION CERTIFICATE

I have grown my wings.

I trust my creative voice.

I am ready to fly.

Date:

Signature:
