

SPARKIN' ART

Reflection Exercise

How will you know if you've reached your goals if you don't set them? How will you feel good about what you've achieved unless you stop to reflect and think about the experience?

An evaluation is often asked of arts groups following a project. It can include: a final budget; impact statements; data on the work such as audience numbers, participant numbers, total social media impressions, etc; a narrative explaining the project and its accomplishments; and/or participant letters or letters of support. It can sometimes feel a bit boring and dry, but you can make sure to carve out moments for yourself.

An evaluation is a reflection on what you did. What did you think it was going to be? How did it change? Did you accomplish what you wanted to accomplish? Did anything surprise you / worry you / excite you? How do you feel now?

We often get invested in our art, it becomes a part of us, a piece of our soul - and it can be a hard thing to let go of. Take the time to reflect and thank the project, and let it go with a joyous heart and celebration.

Below is a reflection that the Sparkin' Art team was gifted by one of our mentors Joan Chandler, Artistic Director of Sheatre. Have an outside person ask you these questions, don't read them beforehand, and answer honestly in the moment. Sometimes the truth is wonderful, sometimes it is hard to hear, be brave and smile. Enjoy the reflection, you've earned it. Answer each question one at a time.

Joan's Reflection Exercise

- **What were the weaknesses?**
- **What do you feel the biggest impact was?**
 - **What was the biggest strength?**
 - **What was the greatest asset?**
 - **What was the greatest threat?**
 - **What was the greatest limitation?**
 - **What was the greatest opportunity?**
- **Focus on the positive, what about the program worked well, and is that part of the model you can replicate in the future?**
- **Be honest when writing the analysis, be honest with yourself and realistic in your analysis.**
- **Before saying goodbye to the project, after analysis and reflection and report, have a party and celebrate.**