

Creative Practice Survival Audit

Run this audit quarterly to check whether your practice is deepening or drifting toward the machine.

1. Map Your Channels and Practices

- ☐ I have listed every channel I currently depend on for reach or income.
- ☐ For each channel, I have asked: if it disappeared, where would its function move?
- ☐ I have identified at least one practice in my work that is deepening rather than just distributing.
- ☐ I can name what makes my practice centrifugal — specific to me in a way a generative system cannot average.

2. Audit Your Constraints

- ☐ I have named at least one real constraint in my practice: budget, geography, time, or form.
- ☐ I have asked whether that constraint is a ceiling or a recipe waiting to be written.
- ☐ I have sketched one way that constraint could push my work into a new form.
- ☐ I have identified where I am going wider instead of deeper, and asked why.

3. Check Your Arguments

- ☐ I can explain the object versus direction distinction clearly to someone who has not heard it.
- ☐ I can answer the gatekeeping charge without sounding like I am protecting a gate.
- ☐ I can explain why audience-made meaning does not determine creative direction.
- ☐ I have identified where heavy AI use might be reducing my own skill formation.

4. Label Your AI Workflows

- ☐ I have listed every AI tool or workflow I currently use.
- ☐ I have labelled each one: supported, led, or creative.
- ☐ I have identified at least one task that has drifted to AI-led and named the decision I handed over.
- ☐ I have moved at least one task back toward supported so I keep the thinking.

5. Own the Decision

- ☐ I can state clearly which decisions in my work develop me when I make them myself.
 - ☐ I have confirmed that I am keeping those decisions and offloading only the ones that do not.
 - ☐ I have asked: if AI raised my ceiling instead of lowering it, what would I be doing differently?
 - ☐ I have set one specific change to my AI workflow to act on before the next audit.
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Rule of thumb: own the decision, not just the diff. Keep AI on the liberating side of the line.