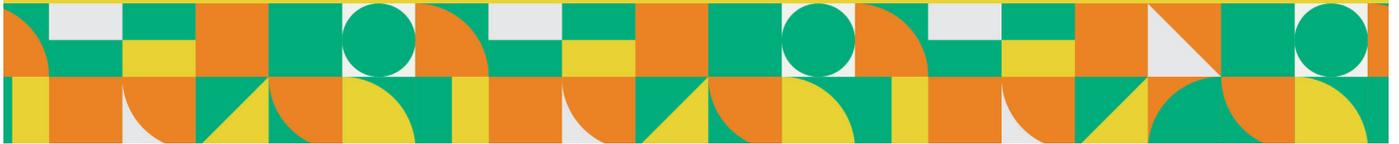


# How to Be More Creative

## Your Personal Creativity Assessment



“Are you creative?” is a trick question. We are ALL creative - in different ways. Research since the 1950s has found that everyone is naturally wired to be creative. As we grow up, we just lose the imaginative, playful side of us. Our innate creativity means so much more than painting a masterpiece or designing a product.

**Creativity is a way of thinking, living, and processing differently.** It helps you become a better problem solver, collaborator, and generator of ideas. This worksheet helps you tap back into your own creativity. We know it’s there, we’re just helping you find it.

*As you ask yourself these questions, feel free to draw, doodle, or write your answers.*

**1) When was the last time I felt creative? Why?**

*Try to describe that moment in detail.*

**2) If creativity was a person, how would I describe them? What adjectives come to mind? What personality do they have? What does this person look like?**

**3) What are three experiences that encourage me to be creative?**

*These activities can range from writing a short story or presenting a new idea at work to commuting a different way to work or listening to a new song.*

1.

2.

3.

**4) What are three experiences that discourage me from being creative?**

*From rejected ideas at work to personal mistakes, what experiences prevent me from wanting to try something new?*

1.

2.

3.

**5) Look back at your answers for Q3 and Q4. What experiences happen more in your life? Do you feel more discouraged or encouraged when it comes to creativity? How can you start or continue to feel encouraged to be more creative?**

**6) Write down three things you do daily in your work/life routine. Then brainstorm and write how you can do each one differently. What is one activity you can commit to doing differently for the next 30 days? Circle that answer.**

1.

2.

3.

**Challenge yourself to do activities that encourage creativity and switch up your normal routine for at least 15 minutes each day!**

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