

How creative are you?

1 Which of the following best describes you?

- (a) I get a lot done, but I m not busy
- (b) I am usually busy
- (c) I am always busy

2 Which of the following best describes your attitude to life?

- (a) I only cook from a recipe
- (b) I look in the cupboard and make up meals from what s available
- (c) I eat out a lot

3 Which of the following best describes you?

- (a) I sometimes stop and reflect on things.
- (b) I rarely stop and reflect on things.
- (c) I often give myself time to stop and reflect on things.

4 Which of the following is most accurate for you?

- (a) Speaking is more important than listening for Being Creative
- (b) Listening is more important than speaking for Being Creative
- (c) Neither Speaking or Listening is important for Being Creative

5 Which of the following best describes you?

- (a) I dwell a lot in the past
- (b) I live in the present
- (c) I like to speculate about the future

6 When you are in a restaurant, how do you choose your food?

- (a) I look for my favourite meal
- (b) I look for the meal that I would never cook for myself
- (c) I look for the meal that I have not eaten previously

Questions 7-12 are on the next page.

7 Which of the following is most accurate for you?

- (a) I know very little
- (b) I know a lot
- (c) I want to know more

8 Which of the following best describes you?

- (a) I make decisions based upon how I feel
- (b) I make decisions based upon what I think
- (c) I make decisions based upon what other people say

9 Which of the following best describes you?

- (a) I am not creative
- (b) I am sometimes creative
- (c) I am creative

10 Which of the following is most accurate for you?

- (a) I m happy to let life unfolds as it does
- (b) I tend to respond to the challenges that life throws up
- (c) I m always plotting and scheming what's next for me

11 Which of the following best describes you?

- (a) I am free to play whenever I choose
- (b) It is okay to play some of the time
- (c) Playing is for children

12 Which of the following best describes you?

- (a) I am concerned about the uncertainties of life
- (b) I love to wonder what will happen in the future
- (c) I am scared to think how the world will look in 100 years time

How to score yourself is on the next page.

Be More Creative

Share this pdf file with your friends and work colleagues. Find out who scores the most and the least points. Have a discussion about what you learnt from this exercise.

Consider these questions:

- How creative am I?
- What am I creating today?
- How can I be more creative everyday?

Being Creative is run as a workshop for organisations and is an important part of The Idea Program offered by designprobe. More articles like this one are available on our website: www.designprobe.com

Scoring: How Creative Are You?

Question	A	B	C
1	3	1	0
2	2	3	1
3	2	1	3
4	2	3	1
5	1	2	3
6	1	2	3
7	2	1	3
8	3	2	1
9	0	2	3
10	2	1	3
11	3	2	0
12	2	3	1

An Interpretation of Your Score

- 0-12** You are creative occasionally. You may enjoy life more by being creative more often. Consider spending more time playing with children.
- 13-24** You are creative sometimes. You may like to speculate upon this question: What would your life be like if you were creative even more often?
- 25 or more** You are often creative. Keep playing!

What is your response to your score? Did you score better or worse than expected?

Comments about each question are on the next page.

Comments about the Questions

Question 1: Busyness

If we are too busy, there is no time for creating.

Question 2: Cooking in Life

Being Creative includes a willingness to make things up based upon what is in front of you.

Question 3: Reflection Time

Being Creative often comes from taking time out to reflect on things.

Question 4: Listening and Speaking

Our interpretation is that listening is more important than speaking for Being Creative because your listening shapes what you say and how you respond to what other people say.

Question 5: Past, Present or Future

Whilst creative actions require a focus on the present, the motivation for Being Creative requires some orientation to the future.

Question 6: Choosing Food in a Restaurant

Being Creative shows up everywhere in our lives and relates to our willingness to explore new things.

Question 7: Knowing

The more we think we know the less room or need there is to create something new. Being arrogant (thinking we know too much) is a great way to kill the opportunity for being creative! It is also not enough to merely assess how much we know, a desire to know more is a powerful motivator for exploring new ideas.

Question 8: Decision Making

Trusting your intuition is a powerful way of Being Creative.

Question 9: Self Assessment

To quote Henry Ford, Whether you think you can or not, you re right! The assessments we hold about ourselves are a critical factor in determining who we are in life.

Question 10: Designing Your Life:

Whilst Doing Creative is important, our interpretation around Being Creative focuses on who you are, how you see the world and consciously designing yourself and your life.

Question 11: Being Playful

One aspect of Being Creative is being playful in life. The level of permission we gives ourselves to be playful can either open or close the door for you to be creative.

Question 12: Uncertainty

Our attitudes to the uncertainties of living, impact the moods we find ourselves in. Some moods, such as wonder and curiosity, predispose us to be more creative. Other moods, such as anxiety, resist the opportunity to be creative.

What did you learn from doing this questionnaire?