UNDERSTANDING CREATIVITY

◆ What is Creativity:
  ◆ Process of seeing things in a new & informative way
  ◆ One person can reshape our conception of the world
◆ What inhibits Creativity:
  ◆ Prisoners of the conventional
◆ Where does Creativity originate:
  ◆ Coordination of logical, conventional thinking
  ◆ Interior life, fantasies, & intuitions

SURVEY OF CREATIVE TRAITS

Check those traits which you feel you have.

___ Different  ___ Playful
___ Adventurous  ___ Funny
___ Spontaneous  ___ Independent
___ Sensitive to Art & Beauty  ___ Bold
___ Driven, Passionate  ___ Patient
___ Enthusiastic, Idealistic, & Responsive
CHARACTERISTICS OF CREATIVE PEOPLE...

- Flexible
- Vision
- Take action
- Not content with the obvious
- Motivated by challenges
- Use time to develop self
- Experience personal achievement

CHARACTERISTICS OF HIGHLY CREATIVE PEOPLE

- 4% of population
- Fantasize large part of the time
- Hallucinate voluntarily
- Superb hypnotic performance
- Vivid memories of life experiences
- Psychic talent
- Well-adjusted and unique group
- Age and gender differences

EARLY DEVELOPMENT OF THE HIGHLY CREATIVE

- Fantasy for sheer enjoyment
  - Reading imaginative books
  - Drama, Religion, Nature, Encouragement
- Fantasy as a defensive role
  - Used as a coping device
  - To block pain
- Reduction of fantasy
TESTING YOUR CREATIVITY

- Creative Imagination Scale (CIS)
- Inventory of Childhood Memories & Imagining for Children (ICMIC)

SCORING YOUR CREATIVITY

- OMIT FIRST 4 ITEMS
- ADD YOUR CHECKMARKS

- 30+ HIGH
- 21-29 MEDIUM
- 1-20 LOW

ACTIVITIES AND TIPS TO ENHANCE CREATIVITY

- Begin small – Take risks
- Do things differently
- Concentrate more intensely
- Meditation & guided imagery
- Mental rehearsal – Positive talk
- Be spontaneous & adventurous
- Role-playing – Put your life in balance
- Journaling
PRE-CONDITIONS FOR ENHANCING CREATIVITY

- ATTEND to what's going on around you
- INTEND to act upon what motivates you
- SUSPEND practicality & entertain a new possibility
- EXTEND beyond your normal limits & take a bold step forward
- CONNECT in a new way, step out of the box
REFERENCES


Bronner, P. & Merremann, A. (2010, July). The Creativity Crisis: For the first time, research shows that American creativity is declining. What went wrong and how we can fix it. Newsweek, 156 (5).


REFERENCES CONTINUED


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