



Exercises in Creativity
and Innovation
Introduction - The 6 Key
Traits of Creative People
Worksheet

Rate yourself based on the six key traits of creativity. Think about where you can improve.

How aware and open are you? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you be more aware and open? List three actions you can take:

1	
2	
3	

Are you living in the moment? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you live more in the moment? List three actions you can take:

1	
2	
3	



Do you have a vision for how you want things to be? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you cultivate a vision or imagine things being different? List three actions you can take:

1	
2	
3	

Do you think outside the box? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you think outside the box more? List three actions you can take:

1	
2	
3	



Are you always seeking answers? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you be more seeking and adventurous? List three actions you can take:

1	
2	
3	

How confident are you about what you do? (1-10)

Not Really 1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10 – Very Much

If you scored 5 or under, how could you be more confident? List three actions you can take:

1	
2	
3	

*Remember that this course includes exercises that will help you with the above. You don't have to have all the answers right now at the beginning!

