



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.

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



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)

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

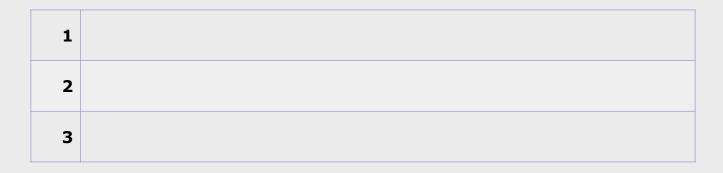
If you scored 5 or under, how could you think outside the box more? List three actions you can take:

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:



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!

