



# CREATIVE TEACHING WORKBOOK

THE  
**CREATIVITY**  
SCHOOL

# WELCOME TO YOUR CREATIVE TEACHING WORKBOOK

Creativity is complex. Your relationship with your personal creativity is as unique as you are! This workbook will guide you to uncover your current relationship to creativity; recognize your creative traits and strengths; acknowledge environmental factors and climate conditions that support your creativity; and celebrate your creative successes to date.

Along the way, we hope you experience looking at your creativity in new ways which in turn will shift your mindset toward inspiring creativity in others!

*Let's get started!*

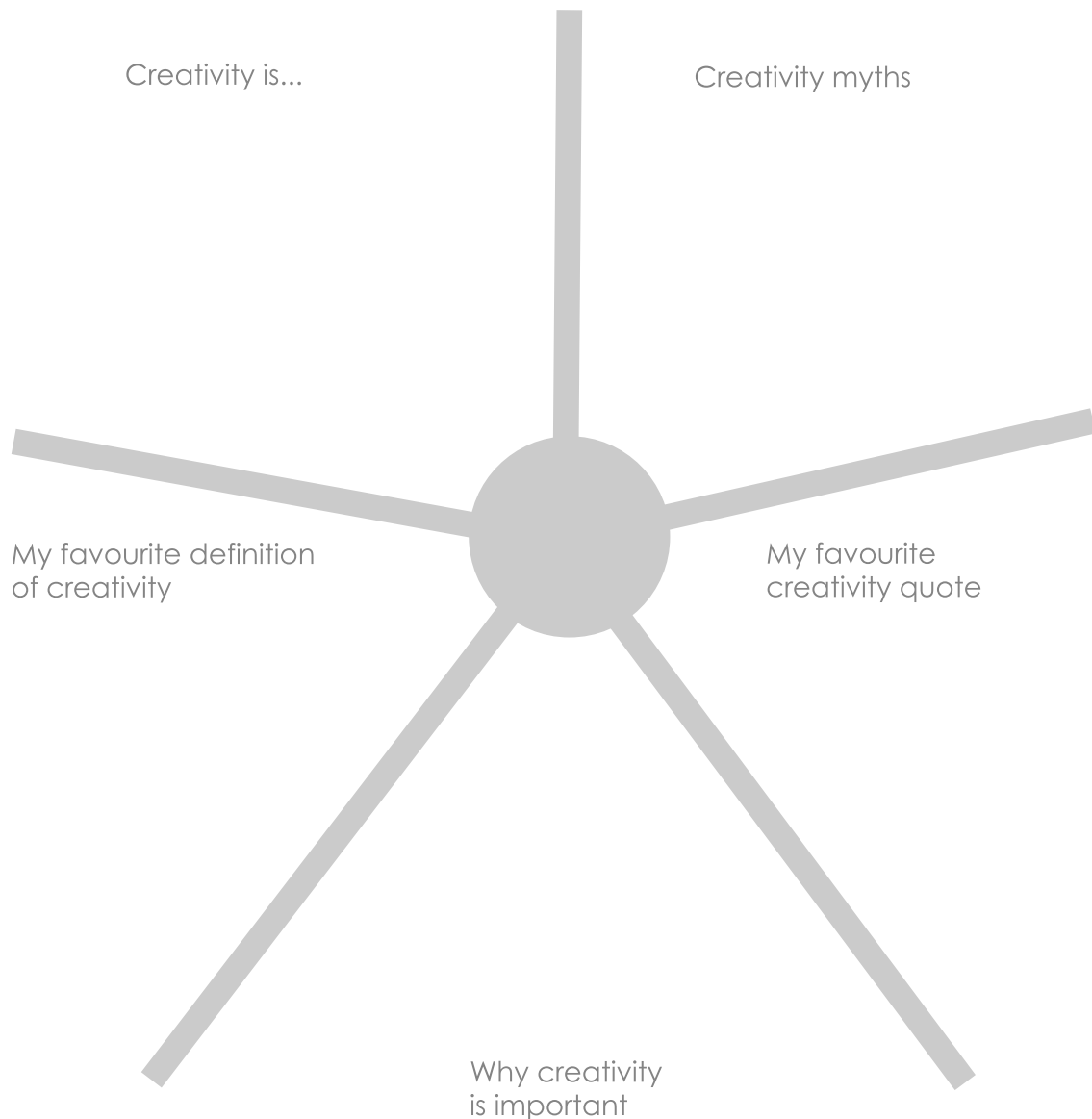
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## How to use this workbook:

- 1 Set aside time to work on each page with a clear mind and deliberate focus. Enjoy the process of reflection. Prepare a cup of tea, light a candle and find a comfortable place to sit.
- 2 The workbook is designed sequentially. It is best to work in the order in which the pages are presented. Prompts are further explained in the video presentation that accompanies this workbook.
- 3 Follow the instructions on each page and answer honestly. There are no right or wrong answers. This workbook is about where you stand now in relationship with your creativity. There is no test.
- 4 You may choose to create beyond the pages of this journal. Free yourself to use whatever materials you have available to represent your ideas best.
- 5 Let this workbook be your safe place to reflect on your creative past, present and potential. You have creative superpowers. Let's get started in discovering what they are!

# WHAT IS CREATIVITY?

Use this page to capture your perspectives on creativity at this moment in time.  
At the end of this workshop come back and add any new insights you gain.



# INNER CRITIC

We all have a critical inner voice influencing how we feel about ourselves and how we behave. It consists of negative thoughts, beliefs, and attitudes that are not in our best interest and affect our self esteem.

One way to silence the inner critic is to see it as a separate living entity outside of ourselves.

Create a visual image for your own nagging and unhelpful inner critic. Sketch it below, create a model of it if you'd like, name it and make it look as silly or ridiculous as you'd like. **Personalize and externalize your inner critic!**



# REFRAMING

**Reframing** is a tool used to create a different way of looking at a situation. Redefining problems or issues into challenge statements is a key step in creative problem solving. Use statement starters: "How might I", "How to", "In what ways might we", "What are all the ways" to reframe your thinking and approach.

Consider everyday problems you face in the classroom or life and practice reframing issues into challenges to be solved.

## PROBLEM/ISSUE

## CHALLENGE/OPPORTUNITY

(Use statement starters: "How might I/we", "How to", "In what ways might we", "What are all the ways".

# PERSONAL CREATIVITY

We are all born creative. Unlike other species on our planet, humans inherently have the ability to imagine, dream, problem solve, strategize and other creative skills that bring visions to fruition.

This page is all about recognizing and celebrating your personal creativity. Explore your relationship to creativity by reflecting on the past and present. Write or draw your responses to the prompts below.

What is your earliest memory of being creative?

In what ways did you express your creativity as a child?

In what ways are you creative now? What problems have you solved lately? Include artistic pursuits and go beyond to consider all ways you think differently.

# CREATIVE TRAITS

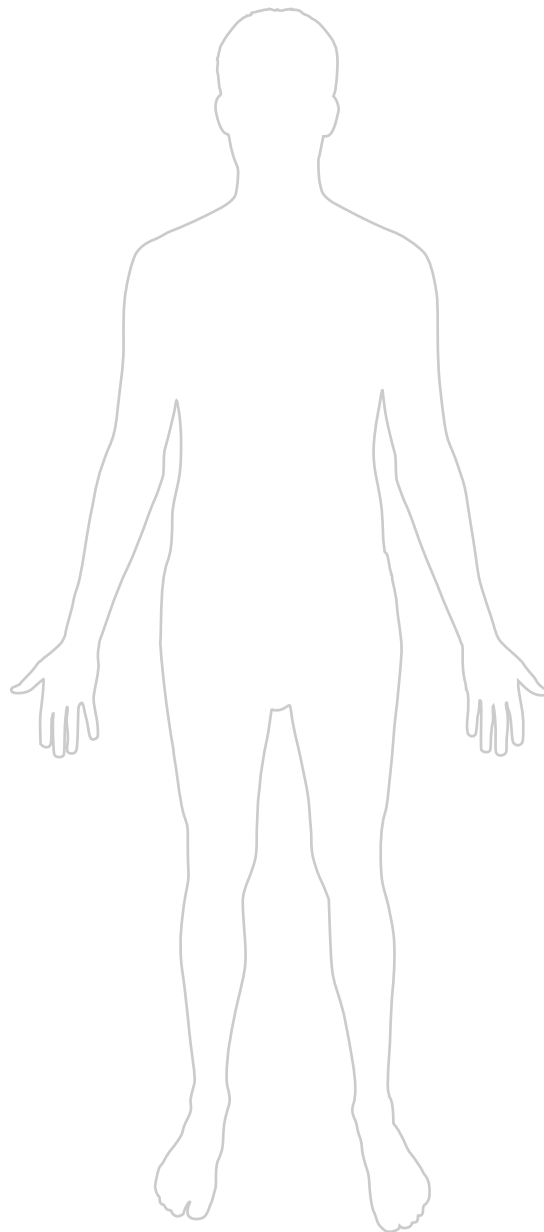
Review the list of creativity characteristics below. Circle all of the creative traits that you possess.

- |                                      |             |
|--------------------------------------|-------------|
| curious                              | flexible    |
| seeks problems                       | fluent      |
| enjoys challenge                     | imaginative |
| optimistic                           | intuitive   |
| able to suspend judgment             | open-minded |
| comfortable with imagination         | original    |
| sees problems as opportunities       | playful     |
| sees problems as interesting         | energetic   |
| problems are emotionally acceptable  | passionate  |
| challenges assumptions               | questioning |
| empowers the creativity of others    | risk-taker  |
| doesn't give up easily               | self-aware  |
| perseveres, works hard               | adaptable   |
| experiments and learns from failure  | confident   |
| challenges assumptions and paradigms | observant   |
| expresses self in own way            | optimistic  |
| tolerant of ambiguity                | independent |
| values diverse perspectives          | inquisitive |
| divergent thinker                    | autonomous  |
| can synthesize and elaborate         | imaginative |
| open to new ideas                    | playful     |
| questioning everything               | dreamer     |
| non-conforming                       |             |

# CREATIVE STRENGTHS

You've considered your creative traits, now what would you say are your biggest creative assets or strengths? What are you known for?

Use the outline drawing below to illustrate your strengths a.k.a your superpowers!

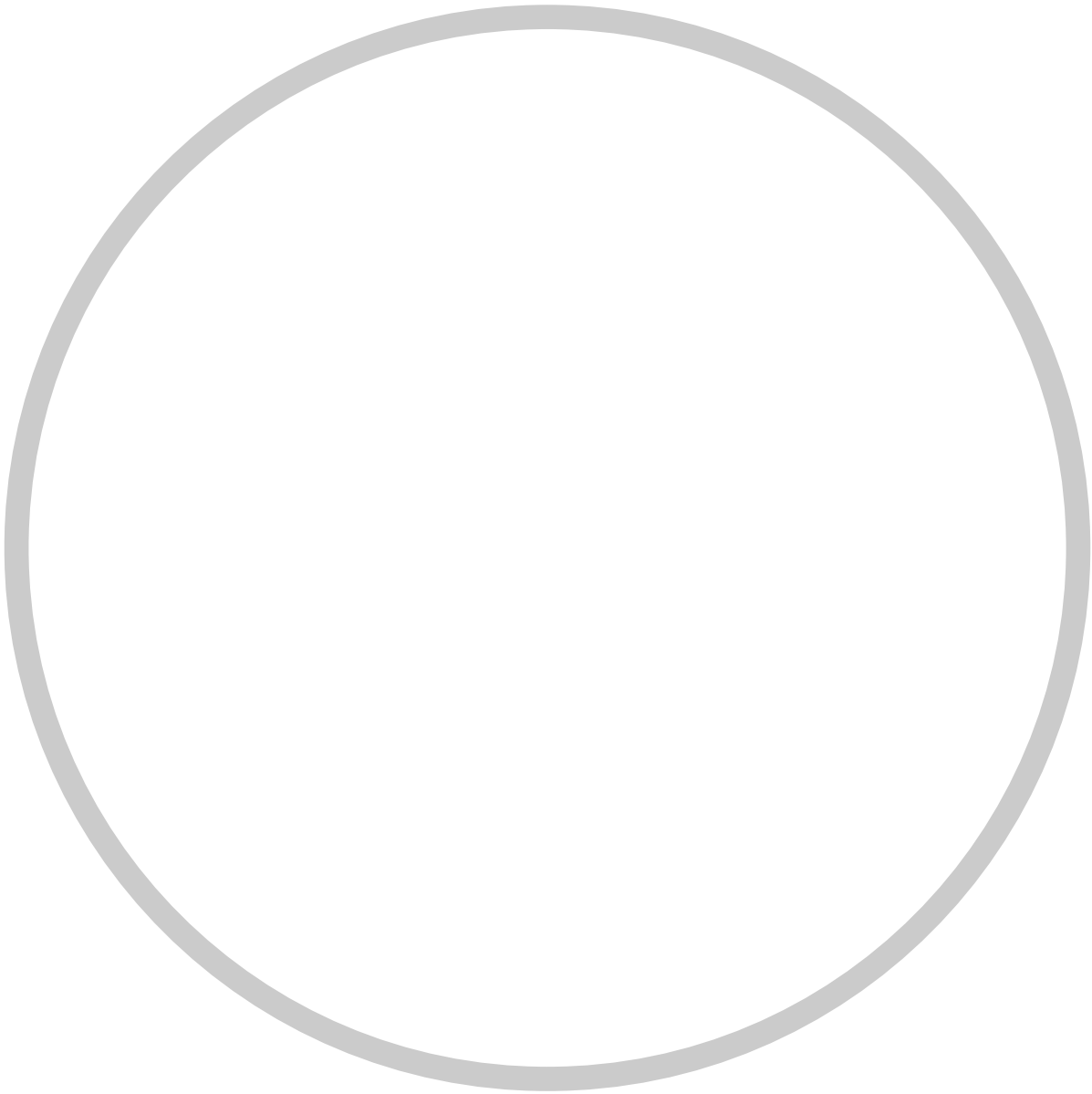




# CREATIVITY INFLUENCERS

Over the course of your life, who would you say encouraged, inspired or awakened your creativity?

List all of the people (and animals and places or things) below. Consider writing a letter to them expressing your recognition and gratitude for the role they played in your creative development.



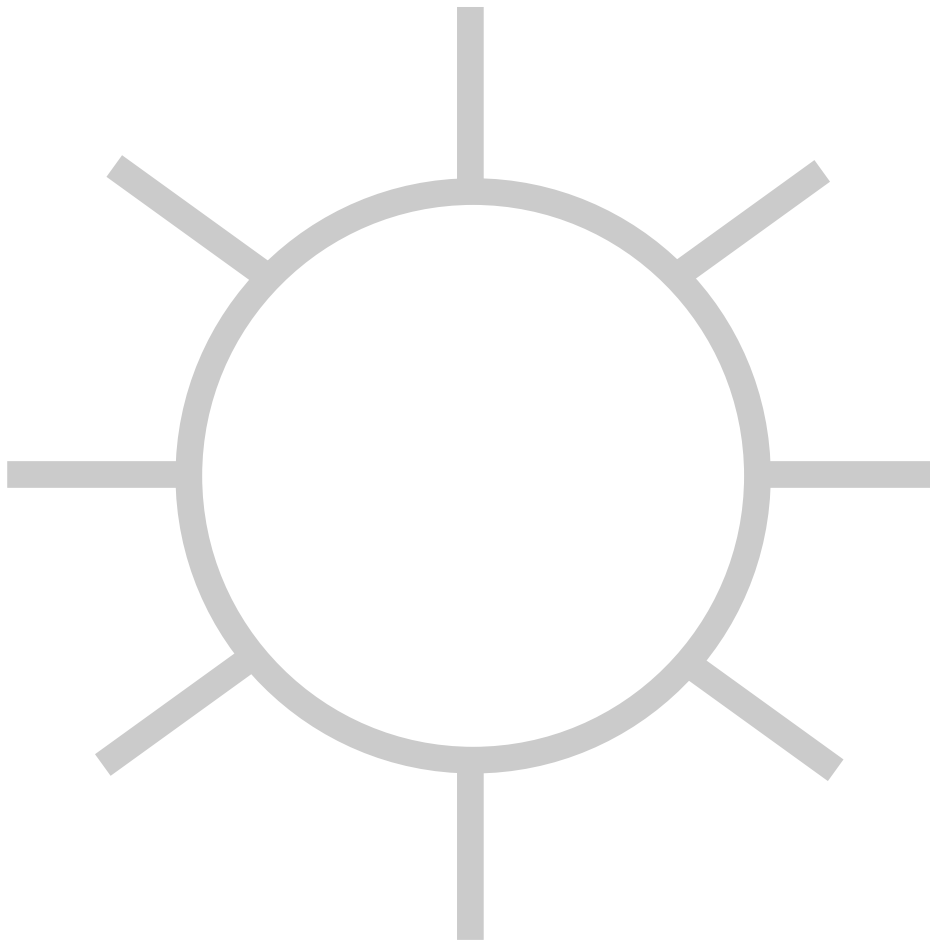
# CREATIVE CLIMATE

What are the climate conditions in which you are MOST / LEAST creative? Consider the physical spaces and environments and carefully reflect on your psychological climate (attitudes and mindset) that were conducive to creativity, or not. Use all of your senses to articulate and capture your experiences.

MOST creative	LEAST creative

# CREATIVE VISION

Visioning is a powerful tool for imagining the future and identifying steps needed to reach your dream or goals state. Use this page to identify your goal or wish statement in the center of the circle. Then ask "What if...". Add the "What if" questions to the lines branching out of the circle. These questions represent your possibilities for steps for reaching your vision.



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