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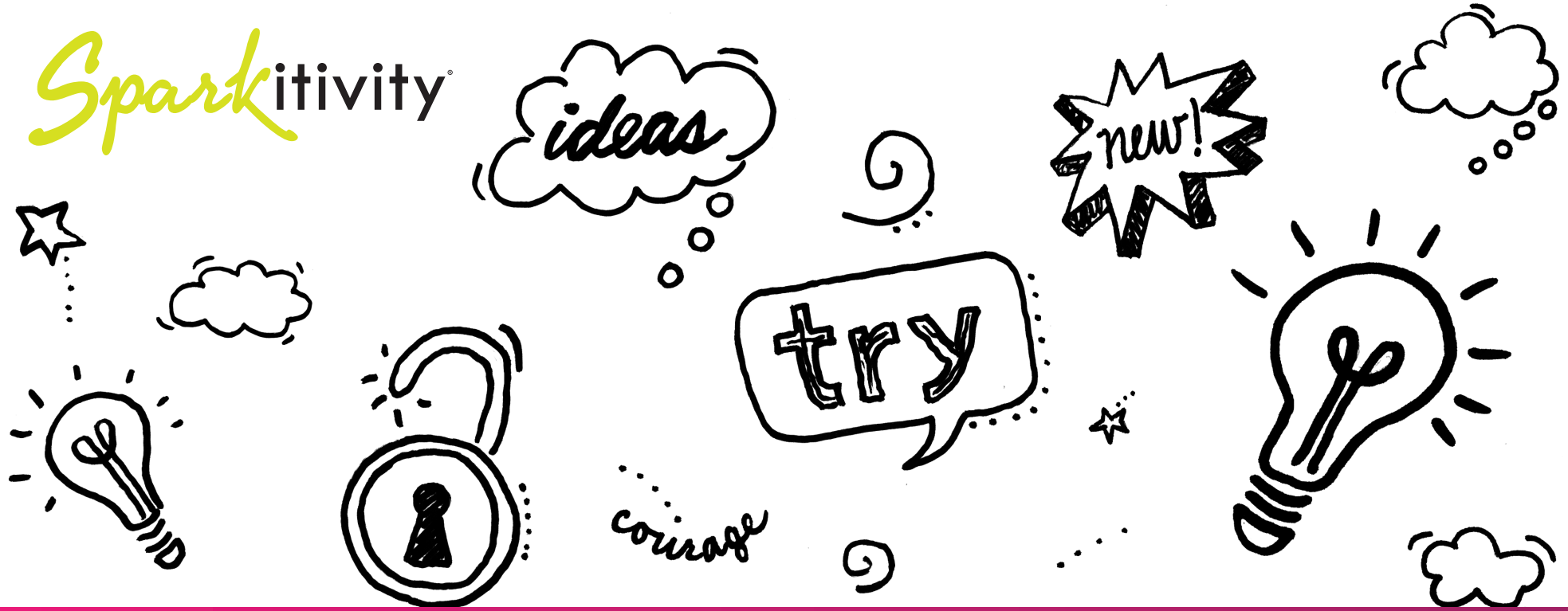
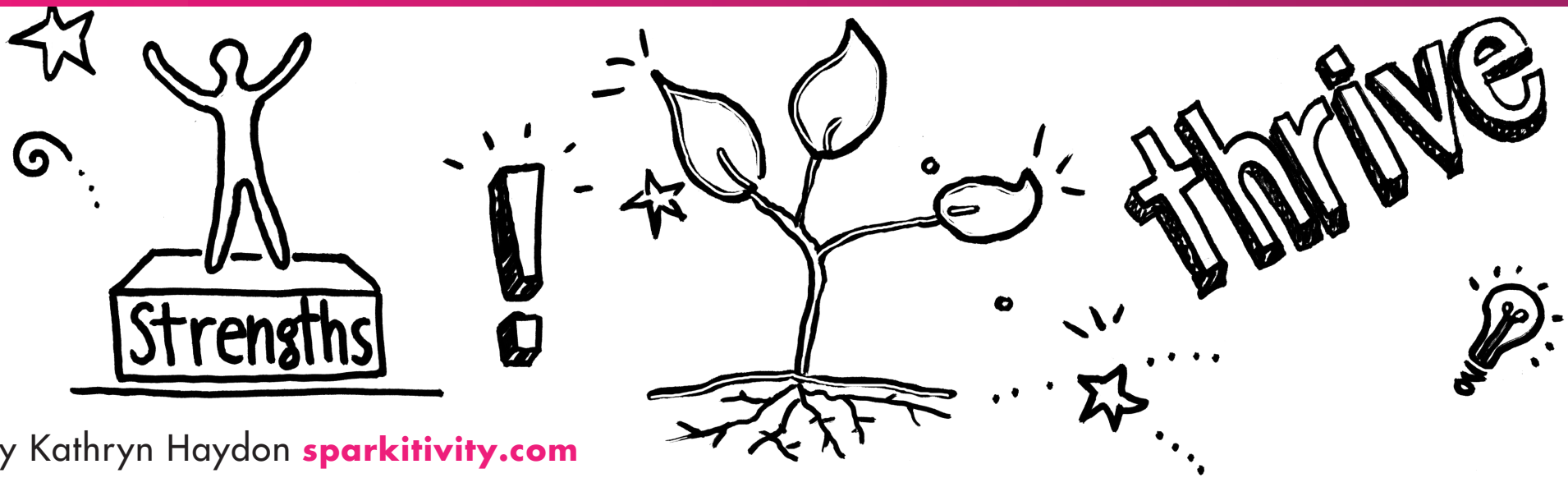


Creative Strengths Spotter



By Kathryn Haydon **sparkitivity.com**

Sparkitivity's Creative Strengths Spotter

Thank you for connecting! At Sparkitivity, we are all about creative strengths. Why?

Because identifying creative strengths is the first step to unlocking your problem solving potential.

In a world with excessive focus on fixing weaknesses, looking at strengths creates a distinct advantage.

A strengths mindset lays the foundation that helps us build on what we have.

It allows us to gain self-knowledge. Self-knowledge gives us confidence. Confidence gives us courage to try new things and think up new ideas.

People who use their creative strengths are happier and more engaged. As they leverage their creative thinking superpowers, they can solve problems and adapt to continual change.

We designed the **Creative Strengths Spotter**, based on Dr. Gary Davis's extensive research of creative characteristics, to help you set yourself, your employees, your kids, and everyone else around you up for a life of creative productivity.

Here's how to use it:

STEP 1

Begin with yourself. In what ways do you prefer to spend your free time? When do you light up? How might you describe your personality? Choose all of the t-shirts on one of the last two pages that represent characteristics that you express. See the creative strengths key for guidance.

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STEP 2

Once you've given yourself time to select as many t-shirt characteristics as you'd like, think about which three you most intensely express.

For each of the top three, ask:

> **"In what ways do I express this strength, at home, at work, or in other settings?"**

STEP 3

Now, for each of the three strengths, ask:

> **"What might be all of the new ways I could use this strength?"**

Try to list at least ten responses per strength. You are doing your own creative thinking!

Review the lists and circle three new ways to express your strengths that can be most easily implemented.

After you have completed the tool, use the extra page of t-shirts to spot strengths in your co-workers or family members. Once you've identified strengths, start looking for them and finding ways to draw them out.

The **Creative Strengths Spotter** gives you the opportunity to dip your toes into the transformative power of creativity that hundreds of Sparkitivity clients have experienced. It's an introduction to the science of how to nurture creative strengths.

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This is just the beginning and can help you develop attitudes and practices that nurture creative thinking. Living life through the lens of what's good about people creates healthier, happier, more productive homes, workplaces, and communities.

If you'd like to learn more:

Jane Harvey and I created a fun, quick-start guide to the science of creativity to support your efforts. We know you are busy, so we distilled decades of research and best practices into a thin book you can even read sideways. *Creativity for Everybody* gives you a fast and rich understanding of your creative thinking super-powers. Each creativity topic is anchored to evidence in the research section of the book.

Personalized support:

At Sparkitivity, we are dedicated to helping unlock the creative thinking powers of individuals and teams. For over two decades, our workshops and coaching have supported hundreds of clients.
Want to better understand how to unleash the innovation potential of your team, employees, or students? Email me at inspired@sparkitivity.com or call me directly at 805-798-1041.

I look forward to supporting your creative thinking journey.

All the best,

Kathryn Haydon
Founder, Author, Speaker

P.S. We'd love your feedback on how the Sparkitivity Creative Strengths Spotter helped you.
Send us your thoughts => inspired@sparkitivity.com

Reference for Strengths: Davis, Gary. *Creativity is Forever*. Dubuque, IA: Kendall/Hunt, 2004.

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Creative Strengths Key

AWARE OF CREATIVENESS: You value original ideas. You like coming up with new ideas and solving problems.

ORIGINAL: You like some or all of these: imagining, asking "What if . . .?", doing things your own way, having lots of ideas, inventing,
using metaphors, using imagery, being unique.

INDEPENDENT: You are a free spirit, do not fear being different, like thinking individually, question what others say, are strong-willed, are self-confident, like to set your own rules, sometimes need to keep your distance from "what everyone else is doing," believe in your ideas.

RISK TAKER: You are some or all of these: courageous, not afraid to try something new, reject limits that others try to impose on you, optimistic, do not mind the consequences of being different.

ENERGETIC: You are some or all of these: adventurous, ambitious, hard working, can concentrate deeply on something you are interested in, can be impulsive or spontaneous. People might call you hyperactive or overactive, active, alert, enthusiastic, expressive. You find joy in doing work that you love.

SENSE OF HUMOR: You are playful. You like to hear or invent puns and jokes that make people laugh or groan. You like playing with ideas.

CURIOUS: You ask a lot of questions, including "Why?" You like doing experiments and taking things apart. You are interested in a lot of things. You might get distracted by a new idea or exploration.

IMAGINATIVE: Sometimes you can't remember what happened in real life versus what took place in your imagination. You love daydreaming and sometimes get lost in your thoughts. You like new ideas and can envision big ideas for the future. You might be attracted to mystical, metaphysical, or spiritual ideas.

ATTRACTED TO COMPLEXITY, AMBIGUITY: You are a complex person. You like to learn about concepts that are not easy, that have a lot to explore and understand. You may enjoy investigating mysteries—in history, in science, in real life, or in fiction. You're not uncomfortable if all the facts don't line up right away, and you don't need there to be one right answer.

EXPRESSIVE: You are an expressive person, either when you are talking or through interests such as art, writing, music, dance, theater. You love seeing beauty in nature, or man-made. You like design and aesthetics.

OPEN-MINDED: You are open to new experiences, to trying new things, and to new ideas. You like to listen to various viewpoints on topics and are open to spontaneity.

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Creative Strengths Key continued

THOROUGH: When you are doing something that you love, you are committed to your work. You like to do it as well as you can. You are organized and strive for perfection.

NEEDS ALONE TIME: You like people, but also need time to be by yourself to think your own thoughts, daydream, reflect on your experiences, and re-energize.

PERCEPTIVE: You are good at observing the many details and emotions of life. You are intuitive, which means you have a sense about things. You like to "go with your gut," or get a feel for what you should do or say. You are good at finding the problem to solve, and sensitive to other people's needs and frustrations. You have many insights, and are good at finding patterns and making connections. Some might call you highly sensitive.

EMOTIONAL: You experience deep emotions, whether positive or negative. You like to express your feelings, or understand how other people feel. Sometimes you may appear withdrawn, moody, or impulsive because of how deeply you experience life.

EMPATHIC and ALTRUISTIC: You like to help others, or help the world be a better place. You have a sense of empathy and can "feel" what others are feeling. You like to ponder philosophical issues. You are honest, and have courage to stand up for your beliefs.

My Top 3 Creative Strengths

1.

2.

3.

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"In what ways do I express this strength, at home, at work, or in other settings?"

#1 _____

1.

2.

3.

4.

5.

"In what ways do I express this strength, at home, at work, or in other settings?"

#2 _____

1.

2.

3.

4.

5.

"In what ways do I express this strength, at home, at work, or in other settings?"

#3 _____

1.

2.

3.

4.

5.

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"What might be all of the new ways I could use this strength?"

#1 _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

"What might be all of the new ways I could use this strength?"

#2 _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

"What might be all of the new ways I could use this strength?"

#3 _____

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

When you have your lists, circle three new ways to apply your strengths. Choose the ones that will be easiest to implement!

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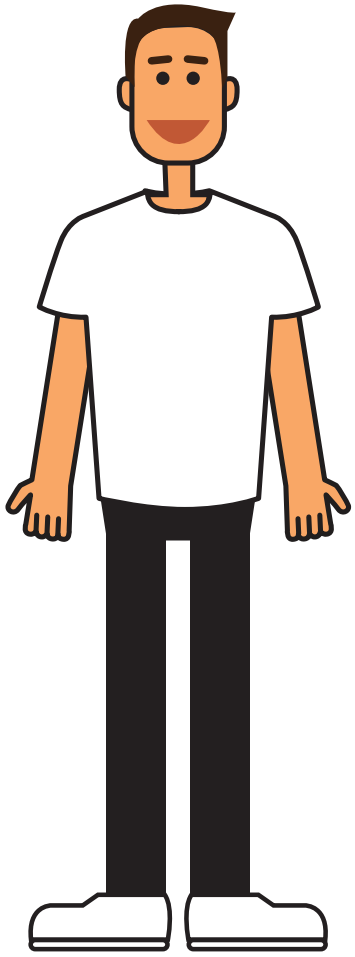
Creative Personality Traits



I am AWARE that I am CREATIVE

I am ORIGINAL

I am INDEPENDENT

I am a RISK-TAKER

I am ENERGETIC

I am CURIOUS

I have a SENSE OF HUMOR

I am IMAGINATIVE

I like COMPLEXITY and AMBIGUITY

I am EXPRESSIVE

I am OPEN-MINDED

I am THOROUGH

I NEED ALONE TIME

I am PERCEPTIVE

I am EMOTIONAL

I am EMPATHIC and ALTRUISTIC

Adapted from Davis, Gary. Creativity is forever. (Dubuque, IA: Kendall/Hunt, 2004).

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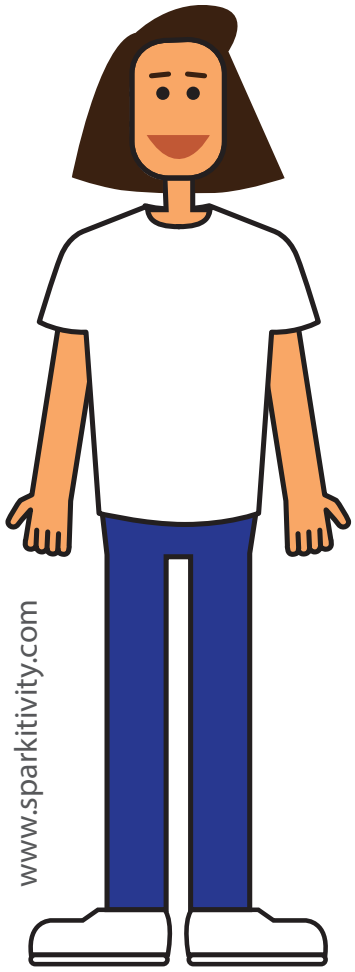
Designed by Jane Harvey

Sparkitivity

Creative Personality Traits



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