Exploring Creativity

How do you define creativity? What are your views about your own creativity? Take some time to reflect on how you feel about creativity. Your supervisor, trainer, or coach will collect this survey and use your responses to learn more about how to nurture creativity in the workplace.

1. I consider myself a creative person:
   a. All the time
   b. Most of the time
   c. Some of the time
   d. Rarely
   e. Never

2. I use creativity in my work:
   a. Constantly
   b. Most of the time
   c. Rarely

3. When I was a child, I enjoyed:
   a. Painting or drawing
   b. Making music
   c. Writing
   d. Dancing
   e. Athletics
   f. Building things or taking things apart
   g. Exploring the outdoors

4. Do you still enjoy those things now? Why or why not?
5. I feel most creative when ... (circle all that apply)
   a. I am outside
   b. I am at home
   c. I am alone
   d. I am talking with others
   e. The people around me are creative
   f. Other ______________________

6. What do you think is most important for helping an adult feel creative at work?
   a. Fun and friendly coworkers
   b. Flexibility
   c. A supervisor who values creativity
   d. Recognition for creativity

7. When I encounter a problem, I ...
   a. Pretend it is not there
   b. Talk to someone about it
   c. Look for solutions on my own

8. What do you like to do in your free time?

9. What do you think adults should do to nurture creativity in children?

10. My own definition of creativity: