



CREATIVE MINDSET ASSESSMENT

Use this wheel containing various aspects of the creative mindset to consider how you view the world at this stage in your life. Just by being aware of these aspects of your mindset and by forming a deliberate intent to improve them, you will begin to strengthen and enhance them.

Start by noting where you think you are on a scale of 0 to 10 in each mindset with 0 being low and 10 being high. Feel free to get creative and colour in the wheel using different colours up to the level that you think you are. Then make a mark on the one or two that you would like to focus on to develop in the short term. Don't choose more than two. Select what you intuitively feel is most important to you. You've got your whole life to improve them all towards mastery!

Do you often wonder about things and ask a lot of questions? Or does it not often occur to you to be curious about something.



Are you bold and daring, or do you tend to hang back with wobbly knees? Do you shout to the universe "Lemme at 'em!" or whisper "Not me, pick someone else!"



Are you able to see the lighter side of things and laugh at yourself when you mess up or do you take yourself and life pretty seriously?



Do you have complete confidence that you can do it? And if not yet, you know you'll pick up quickly... Or are you constantly second guessing yourself, often excessively checking with others to see what they think?



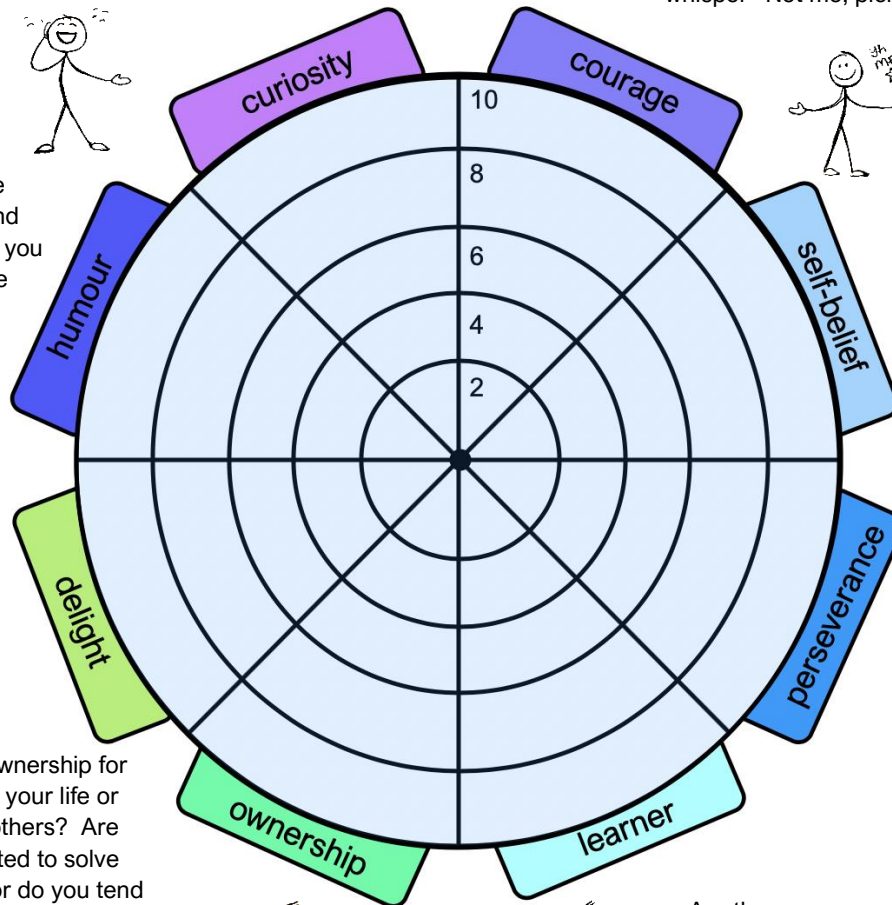
Do you push through with a problem until you have solved it, or give up at the first hurdle? Do you steel yourself in the face of harsh rejection to bring your creative idea to birth, or do you give up easily?

Do you have things in your life that bring you great delight and joy? Or do you find that life is mostly hard grind with little relief?

Do you typically take ownership for things that go wrong in your life or do you tend to blame others? Are you intrinsically motivated to solve problems for yourself or do you tend to 'leave it to the experts.'



Are there never enough hours in the day for all the things you want to learn or does the idea of getting one new thing into your head make you feel tired?





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Once you have completed your wheel, look at the shape of the wheel. Are your scores mostly high, mostly low, or mixed? Do any of your scores surprise you? Do your scores confirm what you've known for some time but not really thought about.



Select one mindset facet to work on in the next couple of weeks.
Get real with yourself by naming it here:

I plan to work on developing my mindset of ...

What are some practical things that you can do today, this week, this month to begin working on this mindset?

Who do you know who oozes this mindset? What can you learn from them?

What resources can you find to help you develop this mindset further? Think about podcasts, articles, courses, video clips, social media groups, books and so on.