

# **Creative You**

## **David Goldstein and Otto Kroeger**

A discussion guide for the Simple Scrapper Book Club.

QUOTE // The idea that we're either naturally creative or not is a myth; we're all born with personality preferences that we can use to be creative in our way and thrive.”

QUESTION // Q1. Do you consider yourself creative? Have you always felt that way?

POINT // Creative You explores the intersection between the Myer-Briggs Type Indicator and how we approach creativity.

QUESTION // Q2. Have you taken the official Myer-Briggs assessment? How long ago was it?

POINT // The book offers some basic questions that help determine your type, if you don't know it already:

QUESTION // Q3a. Are You An Extravert or an Introvert? Do you become most energized when you are with a group of people (E) or when you have time alone (I)?

QUESTION // Q3b. Do You Prefer Sensing or Intuiting? When gathering information, do you prefer to look for the details of what is practical (S), or do you prefer to look at generalities and consider theories (N)?

QUESTION // Q3c. Do You Prefer Thinking or Feeling? When you are making a decision, is it more important for you to consider what is logical and fair (T), or do you foremost consider how the decision will affect people and promote harmony (F)?

QUESTION // Q3d. Are You a Judger or a Perceiver? Do you prefer to make final decisions and reach closure (J), or do you prefer to continue to gather information and leave things open (P)?

POINT // There are also a variety of online quizzes, such as <https://www.16personalities.com/free-personality-test>. I recommend that you wait until after the discussion if you'd still like more clarity about your type.

QUESTION // Q4a. So what's your type, using the Myers-Briggs terminology? If you're not sure, what questions do you have?

QUESTION // Q4b. Has understanding your type provided any lightbulb moments thus

far?

POINT // I'd like to focus our discussion on the four primary creative temperaments outlined in the book. Here are some definitions shared in the glossary:

NF (Intuitive Feeler) - Poetic, sensitive, and personal; creativity is largely an outlet for self-expression.

NT (Intuitive Thinker) - Experimental and complex; creations are theoretically minded and meaningful, though objective and impersonal.

SJ (Sensing Judger) - Realistic and traditional; don't see themselves as creative, even though they can be and often are; busting the myth that creativity has to be weird or wild, as they innovate through incremental improvements within systems.

SP (Sensing Perceiver) - Dramatic and flexible when inspired; unstructured, undisciplined, untraditional, action oriented, and spontaneous; creates excitement with innovations.

QUESTION // Q5a. What is your temperament?

QUESTION // Q5b. What's one example of how you see your temperament reflected in your scrapbooking?

QUESTION // Q5c. Knowing your temperament, what's one change you could make to your scrapbooking to boost your creativity?

POINT // "Just as a fire won't start without the right mix of air to fuel, our own combustion of ideas must have the right mix of information to make decisions." For example, a "Judger's creativity is reawakened by temporarily letting down their guard whereas Perceivers gain focus by constricting the flow of new information and making some decisions."

QUESTION // Q6. Can you see a connection between your Myers-Briggs type and how you become blocked? Can you use this information to spark your creativity in the future?