

# How Would You Rate Your Creativity?

Creative people have a lot in common. Our tool, "How Do You Rate Your Creativity", identifies the characteristics of creative people. Check it out for yourself to see how you rate. Just by filling it in, you will get some ideas for improving your creativity.

Please indicate your level of agreement or disagreement with each of the statements listed below using a scale from 1 to 5 where 1 means strongly disagree and 5 means strongly agree. There is no "right" or "wrong" answers, just choose the one that best represents your view of yourself.

- 1 – Strongly disagree
- 2 – Somewhat Disagree
- 3 – Neutral
- 4 – Somewhat Agree
- 5 – Strongly agree

Characteristic	Score				
	1	2	3	4	5
1. I go beyond the obvious to the new, different, and unusual.					
2. I generate many ideas and come up with several possible solutions to a problem.					
3. I can expand and work out details for an idea or a solution.					
4. I can hold conflicting ideas and values without undue tension.					
5. I can go beyond commonly accepted ideas to the unusual.					
6. I can see the "whole picture"; I hold a wide range of interests.					
7. I am aware of my own inner feelings and the feelings and thoughts of others.					

Characteristic	Score				
	1	2	3	4	5
8. I have the capacity for play, the desire to know, and openness to new ideas and experiences.					
9. I can think for myself; make decisions; I am self-reliant.					
10. I can put ideas into action and help shape that with which I is involved.					
11. I can work consistently with deep concentration; I get lost in a problem.					
12. I proceed with determination when I take on a task or project and do not give up easily.					
13. I am able to work intensively on a project for many hours.					
14. I am not afraid to try something new; I like adventure.					
15. I have a keen sense of humour; I often sees humour in situations that may not be seen as humorous to others.					
16. I believe in my ability to be creative in a given situation.					
17. Insightful; intuitive; able to see relationships and make mental leaps.					
18. I am open to ideas of others.					
19. I can produce new products or formulas; I bring about change in procedures and organization.					
20. I am highly confident in my abilities.					
21. I enjoy challenging tasks; I have a dislike for doing things in a prescribed way.					
22. I do not depend on others to maintain my interest level; I am a self-starter.					

Characteristic	Score				
	1	2	3	4	5
23. I am artistic.					
24. I am sensitive to beauty; I attend to aesthetic characteristics of things.					
25. I am involved in the arts, theatre, music, dance, and/or design.					
Calculate My Results					
Total Score					

## Significance of this Assessment

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We are all creative, but in varying degrees depending upon many factors and experiences in our lives. Perhaps the most important aspect of who has creative capabilities is dependent on the encouragement or discouragement of the use of these capabilities by other and the motivation and efforts exerted by the individuals themselves. Dozens of research studies, combined with informed opinions, point to one conclusion about creative people: Creative people may be nonconformist, but they certainly have a lot in common.

The purpose of this assessment is to evaluate creative predispositions in adults. The statements of characteristics are based on research found to be common and recurrent among creatively productive people. The statements are inclusive of behaviours, traits, interests, values, motivation, and attributes of creative people.

Completion of this assessment will help you determine which of the characteristics you already possess and which you may want to develop further if you would like to be a more creative person. Research has shown that creativity can be learned, developed, and nurtured.

Use this assessment to determine actions to improve your lowest scores. Examine the underlying reasons for the results. Discuss your results with someone who knows you well and who can act as a coach/buddy in helping you further develop these areas.

## Your Results

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**If your raw score is over 90:** Congratulations, by your own assessment you possess the characteristics of highly creative people. It is important that you continue to look for opportunities to tap into your creativity, and create an environment for yourself where your creativity can continue to flourish. The bad news is that creative people can have habits or dispositions that can upset others. Researchers have narrowed these down into seven categories: egotistical, impulsive, argumentative, childish, absentminded, neurotic, and hyperactive. In business or a professional setting, the highly creative person will need to maintain patience and understanding of others if they want to be successful.

**If your raw score is between 75 - 90:** By your assessment you are a fairly creative person. It is important, at this point, that you continue to nurture these creative characteristics and further develop the ones where you had a lower score. Take a look below to see a further breakdown of the test and identify the characteristics you want to develop further.

**If your raw score is between 50 - 75:** It is important to celebrate the fact that you possess some of the characteristics of a creative person, however, additional development of the characteristics, where you are not so strong, would go a long way. Take a look below to see a further breakdown of the test and identify the characteristics you want to develop further. There are many books and courses to help develop your creativity.

**If your score is below 50:** Don't fret, perhaps you have not been in an environment that nurtured your creativity or you were told as a child that you were not creative and have held that belief ever since. The truth is that creative attitudes and personality traits can be strengthened. Take a look below to see a further breakdown of the test and identify the characteristics you want to develop further. There are many books and courses to help develop your creativity.

## Further Breakdown of the Test

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### 1. Recurrent Characteristics of Creative People found in the Literature

Question from test:	Creative Characteristic
16	Awareness of creativeness
5	Original
9, 20, 22	Independent
14	Risk taker/adventurous
10, 12, 19	Highly Energetic
13	Thorough: must finish
6, 8	Curiosity
15	Sense of humour
4, 21	Attracted to complexity, ambiguity
23, 24	Artistic, aesthetic interests
18	Open minded
17	Perceptive=intuitive
7	Emotional: sensitivity
7	Ethical: empathy
25	Capacity for Fantasy
11,13	Need for some privacy; alone time

### 2. Cognitive Abilities Important to Creative Thinking

Question from test:	Creative Ability
1	Flexibility
2	Fluency
3	Elaboration
5	Originality
11	Concentration

Source: Davis, G.A. (1998). *Creativity is Forever*. Iowa: Kendall/Hunt.

