



LOOKING BACK: A Self-Reflection

Creativity Worksheet

FIND YOUR INTERESTS

How do you define creativity?

How creative of a person are you? Are you good at drawing, writing, thinking, dancing, music performance? Make a list of creative abilities you have:

1. _____
2. _____
3. _____
4. _____

What can you do to develop each one of these abilities?

1. _____
2. _____
3. _____
4. _____

What are the advantages of thinking “outside the box?” How can you increase your quality of life by making more creative decisions on a daily basis?

Think of others who you feel are creative. How are they creative? How do you think they got that way?

