



Self-Assessment: How often do I use my creativity?

This assessment will help you recognize how often you use your creativity

INSTRUCTIONS

- Using **R**arely, **S**ometimes, **O**ften document how frequently you do the following
- There isn't a correct answer, only personal perception
- Be honest with yourself

Creativity Statements	R, S, O?
1. I take time out of my day to do a fun project	
2. I enjoy daydreaming	
3. I like brainstorming	
4. I encourage those around me to innovate	
5. I am curious and enjoying asking questions	
6. When debating I come up with clever responses / witty remarks	
7. When there's an opportunity to pivot, I adapt	
8. I think outside of the box	
9. I come up with many possible solutions to problems	
10. I am a creative person	