



Creativity Test



1. How creative do you consider yourself to be?

- Very creative.
- Average.
- Not very creative.
- Not creative at all.

2. How often in a day do you take a break to unwind?

- Every two hours or so.
- Twice a day.
- Once a day.
- Never.

3. When you need a creative solution to a problem, which of the following are you most likely to do?

- Think hard on it.
- Use a solution that worked in the past.
- Ask a friend for help.
- Go for a walk in a park.

4. How often do you experience a creative flow in your work?

- Every single day.
- Several times a week.
- Several times a month.
- Once in a blue moon.

5. How often do you write down the novel ideas that come to you from out of the blue?

- Always.
- Sometimes.
- Rarely.
- Never.

6. Which of the following would you say is your primary motivation when it comes to working?

- Money.
- Professional prestige.
- Changing the world.
- Social status.

7. Which of the following would you say characterizes the way you feel about life?

- Grateful.
- Disappointed.
- Anxious.
- Anger.

8. How often do you allow yourself to daydream?

- Often.
- Occasionally.
- Rarely.
- Never.

9. How willing are you to listen when people talk about things you don't agree with or believe in?

- Very willing.
- Somewhat willing.
- Somewhat unwilling.
- Not at all willing.

10. How did you feel about taking this test?

- Enjoyed doing it.
- Neutral about it
- Did not like doing it.
- Hated doing it.



Check items
you missed

Answers to the Creativity Test



- 1. How creative would you consider yourself to be?** A creative person says: **Very creative.** Creative people feel that they are very creative, regardless of proof.
- 2. How often in a day do you take a break to unwind?** A creative person says, **Every two hours or so.** They sense what science knows: that breaks improve memory and support what is called "memory consolidation," which is essential to envisioning something novel or learning something new.
- 3. When you need a creative solution to a problem, which of the following are you most likely to do?** A creative person says: **Go for a walk in the park.** Research shows that creative output increases by an average of 60 percent when walking, and that creativity continues even after a person returns to their desk.
- 4. How often do you experience a creative flow in your work?** A creative person says: **Every single day.** When creative people are engaged creatively, they are as happy as kindergartners finger-painting. For them, a day devoid of creativity is a dull and aimless day.
- 5. How often do you write down the novel ideas that come to you from out of the blue?** A creative person says: **Always.** Actively creative people enter their insights into a notebook or sketch pad. They know that left to memory, a novel idea will disappear like smoke.
- 6. Which of the following would you say is your primary motivation when it comes to working?** A creative person says: **Changing the world.** Creative people are motivated by the prospect of a better world.
- 7. Which of the following would you say characterizes the way you feel about life?** A creative person says: **Gratitude.** People who are grateful have higher levels of happiness and well-being and they score higher on creativity tests than people who are feeling stressed.
- 8. How often do you allow yourself to daydream?** A creative person says: **Often.** People who consistently let their mind wander or engage in daydreaming score significantly higher on measures of creativity.
- 9. How willing are you to listen when people talk about things you don't agree with or believe in?** A creative person says: **Very Willing.** Creative person are open minded and non-judgmental. They are interested in attaining a wider perspective and a deeper understanding of people and events.
- 10. How did you feel about taking this survey?** A creative person says: **Enjoyed doing it** because they are open to self-reflection.