Creative Problem Solving- Moment of Reflection

-Masterpiece Living

Directions:

Take 10-20 minutes to read the statement below and reflect with curiosity on the questions that follow. You may journal your response, chat about them with someone in your home or via video chat, or simply let them rest in your conscious and sub-conscious.

*“Creativity is fundamentally about combining existing stimuli in your environment-experiences, pieces of knowledge, other problems you’ve solved, similar situations you’ve been in, things you’ve read about-and playing around with them until you find a combination that helps you solve the problem you’re focused on.”*

*-Todd Henry, Louder Than Words*

Questions:

1. Write or think about a challenge in your past you solved using creative thinking.

a. What helped you get into a creative space to solve the challenge?

b. What resources/knowledge did you use to solve the challenge?

2. What current problem or challenge in your life could creative thinking help solve?

3. How could you use your past experience and current knowledge to support yourself in solving this challenge?

4. How can you hold yourself accountable to completion?

5. What can you do to celebrate yourself when you are done?