



CREATIVE TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your creative traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

Session 1: Take the Identity Assessment

Creative is your 'Primary' or 'Secondary' Trait (circle)

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CREATIVE CHARACTER TRAITS WORKSHEET

You are comfortable with abstract ideas. You enjoy talking and thinking about theories and concepts, even if the concepts are unproven. You appreciate creative, original, innovative ideas, and you enjoy thinking about the future and what it might hold. Because you appreciate ideas for their own sake, you typically enjoy the arts and cultural pursuits. You are interested in having experiences that expand your mind and encourage you to think about things in a new way. Your creative strength allows you to look at new ways to apply the truth of scripture to your daily life, whether at home or work or just living your life with other people.

Key Characteristics

- **Imagination and Creativity:** You are often imaginative and creative. Individuals like you enjoy exploring new ideas, thinking outside the box, and coming up with innovative solutions to problems.
- **Curiosity and Interest in the Arts:** You have a strong curiosity about the world around you. Creative individuals are interested in the arts, culture, and different forms of expression. You may enjoy activities such as reading, writing, painting, music, and attending cultural events.
- **Openness to New Experiences:** You are open to trying new things and experiences. Creative individuals are more likely to take risks and embrace change, even if it involves stepping out of their comfort zones.
- **Intellectual Interests:** Individuals like you are often intellectually oriented and enjoy engaging in philosophical discussions or exploring complex ideas. You may be more receptive to abstract concepts and theories than some.
- **Appreciation for Diversity:** You tend to be accepting of diverse perspectives and different ways of life. Creative people are open-minded and nonjudgmental towards individuals from different cultural, religious, and social backgrounds.
- **Tolerance for Ambiguity:** You are comfortable with ambiguity and uncertainty. Creative people can handle situations where there is no clear-cut answer and are willing to explore multiple possibilities.
- **Nonconformity:** You may be less concerned about conforming to societal norms and expectations. Creative individuals like you are more likely to express their unique identities and resist conforming to traditional ways of thinking and behaving.

Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Imagination and Creativity:** Jesus often used parables (stories with symbolic meanings) to teach profound spiritual lessons. His use of storytelling and metaphors reflects creativity in conveying complex truths in a relatable and memorable manner.
- **Openness to New Experiences:** Jesus' ministry was characterized by engaging with diverse individuals, challenging societal norms, and embracing people from all walks of life. His teachings encourage a compassionate and inclusive approach towards others.
- **Intellectual Interests:** Jesus engaged in thought-provoking discussions and debates with religious leaders of His time. He encouraged His followers to seek understanding and wisdom, inviting questions and promoting a deeper understanding of spiritual truths.

CREATIVE SPIRITUAL STRENGTHS WORKSHEET

You are comfortable with abstract ideas. You enjoy talking and thinking about theories and concepts, even if the concepts are unproven. You appreciate creative, original, innovative ideas, and you enjoy thinking about the future and what it might hold. Your creative strength allows you to look at new ways to apply the truth of scripture to your daily life, whether at home or work or just living your life with other people.

Creative individuals bring valuable strengths to their spiritual journeys, including curiosity, creativity, adaptability, empathy, and a passion for justice. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

Spiritual Strengths

- 1. Curiosity and Exploration:**
 - **Strength:** Creative individuals are naturally curious and eager to explore new ideas, perspectives, and practices in their faith.
 - **Bible Reference:** *"Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you."* (Matthew 7:7, ESV) – This encourages a mindset of inquiry and exploration in one's spiritual journey.
- 2. Creativity and Innovation:**
 - **Strength:** They often approach spirituality with creativity, finding new ways to express their faith and connect with God, which can inspire others.
 - **Bible Reference:** *"And let them make me a sanctuary, that I may dwell in their midst."* (Exodus 25:8, ESV) – This illustrates the value of creativity in worship and connection with the divine.
- 3. Adaptability and Flexibility:**
 - **Strength:** Creative individuals are adaptable to change and new experiences, which can enhance their spiritual growth and resilience.
 - **Bible Reference:** *"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."* (Jeremiah 29:11, NIV) – This verse emphasizes trust in God's plans amid life's changes.
- 4. Empathy and Understanding:**
 - **Strength:** Their openness often leads to greater empathy and understanding of diverse beliefs and practices, fostering inclusivity in their spiritual communities.
 - **Bible Reference:** *"Rejoice with those who rejoice, weep with those who weep."* (Romans 12:15, ESV) – This verse encourages empathy and shared experiences within the community.
- 5. Embracing Mystical Experiences:**
 - **Strength:** Individuals may be more receptive to mystical or transcendent experiences, enhancing their spiritual depth and connection to the divine.
 - **Bible Reference:** *"But, as it is written, 'What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him.'"* (1 Corinthians 2:9, ESV) – This highlights the mysteries of God and the depth of spiritual experiences.
- 6. Vision for Justice and Change:**
 - **Strength:** They often have a strong sense of justice and desire for social change, using their faith to advocate for the marginalized and oppressed.

CREATIVE VULNERABILITIES WORKSHEET

While creative individuals have many strengths, they can also face some challenges due to their openness to experience, novelty, and complexity.

Vulnerabilities

- **Difficulty with Routine:** Highly open individuals may struggle with structured environments or repetitive tasks, finding them monotonous and uninspiring.
- **Overwhelm from Choices:** Their love for variety can lead to feeling overwhelmed when faced with too many options, resulting in decision fatigue.
- **Impatience with Tradition:** They may be dismissive of traditional ideas or methods, leading to conflicts with those who value stability and established practices.
- **Tendency Toward Anxiety:** The constant search for new experiences can sometimes manifest as restlessness or anxiety, especially when they feel constrained.
- **Difficulty in Commitment:** Their desire for exploration may lead to challenges in making long-term commitments, whether in relationships or career paths.

Jesus' Teachings

By reflecting on these teachings, individuals can find guidance in addressing their vulnerabilities associated with being creative. Integrating these principles into their daily lives can promote personal growth, emotional resilience, and stronger relationships with others.

- **Difficulty with Routine** - *"Whoever is faithful in a very little thing is faithful also in much."* (Luke 16:10)
This teaching emphasizes the importance of being faithful and diligent in small, everyday tasks. For someone who struggles with routine, finding value in consistent, mundane activities can help cultivate a sense of purpose and stability. Embracing small routines can foster discipline and allow for creativity to flourish within a structured framework.
- **Overwhelm from Choices** - *"For where your treasure is, there your heart will be also."* (Matthew 6:21)
This verse encourages individuals to focus on what truly matters to them. By identifying core values and priorities, a person can simplify decision-making processes. Limiting choices to align with their true interests can reduce overwhelm and help clarify what is most meaningful.
- **Impatience with Tradition** - *"The wise man built his house upon the rock."* (Matthew 7:24)
This parable teaches the importance of a strong foundation. While seeking new experiences, it's essential to recognize the value of established traditions and wisdom. By respecting and learning from traditions, individuals can integrate new ideas with a solid foundation, creating a harmonious blend of innovation and stability.
- **Tendency Toward Anxiety** - *"Do not be anxious about tomorrow, for tomorrow will be anxious for itself."* (Matthew 6:34)
This teaching encourages living in the present moment and trusting in God's provision. Practicing mindfulness and surrendering worries about the future can alleviate anxiety. Cultivating trust in God's plan can bring peace and stability, helping individuals navigate uncertainty.
- **Difficulty in Commitment** - *"Let your 'Yes' be 'Yes,' and your 'No,' 'No.'"* (Matthew 5:37)
This teaching highlights the importance of integrity and commitment in relationships and decisions. Understanding the significance of genuine commitments can help individuals

balance their desire for exploration with the need for stability in relationships. Setting clear intentions can foster trust and deep connections.

- **Embracing Diversity in Relationships** - "*Love your neighbor as yourself.*" (Mark 12:31)
This commandment encourages empathy and understanding towards others. For individuals with high Openness, it's crucial to appreciate and respect different perspectives. Building relationships based on love and acceptance can lead to richer experiences and deeper connections, even when faced with differing values or traditions.

Other Practical Guidance

Personal Guidance

- **Set Routine with Flexibility:** Establish a routine that includes time for both structured activities and creative pursuits. This balance can help provide stability while allowing for exploration.
- **Limit Options:** When making decisions, limit choices to a manageable number. For example, create a rule for yourself to only consider three options when faced with a decision, making it easier to choose without feeling overwhelmed.
- **Practice Mindfulness:** Engage in mindfulness techniques to help manage anxiety and stay grounded. Techniques such as meditation or deep-breathing exercises can provide relief during moments of overwhelm.
- **Embrace Small Commitments:** Start with small commitments in relationships or projects. This allows you to explore without feeling trapped, building your confidence in making longer-term commitments over time.
- **Seek Feedback:** Regularly ask trusted friends or mentors for feedback on your ideas or projects. This can help you gain perspective and avoid potential pitfalls while encouraging healthy self-reflection.

Relationship Guidance

- **Communicate Your Needs:** Clearly express your need for variety and change to your partner or friends. Discuss how they can support your explorations while also considering their own preferences.
- **Appreciate Differences:** Acknowledge and appreciate the strengths of those with different perspectives, especially if they value tradition or routine. This can foster mutual respect and understanding.
- **Practice Patience:** When faced with conflict due to differing views, practice patience and openness to listening. Engaging in constructive conversations can help find common ground and strengthen relationships.
- **Balance Independence and Togetherness:** While it's essential to maintain your individuality, also prioritize spending quality time with loved ones. Find activities that allow both exploration and connection, such as trying new hobbies together.
- **Set Realistic Expectations:** Understand that not every idea or venture will succeed. Set realistic expectations for yourself and your relationships, recognizing that failure is a part of the growth process.

Notes

CREATIVE TRAIT NAVIGATING CHALLENGES

You are comfortable with abstract ideas. You enjoy talking and thinking about theories and concepts, even if the concepts are unproven. You appreciate creative, original, innovative ideas, and you enjoy thinking about the future and what it might hold.

Challenges You May Experience from Yourself and Others

Often at work, you may be faced with new, uncertain and/or changing situations. You could be faced with a breakdown in the process or system you need to get your job done or with an internal or customer related problem that has yet to be seen at your workplace. While you are innately 'wired' to think 'out of the box' to develop unique and innovative solutions to these problems, others may feel that your unconventional approach is impractical, Some may feel you are not effective at handling details, a daydreamer, ineffective at implementing your ideas, or out of touch with here-and-now reality. It's helpful to be aware of how your creative and innovative approach at work can be perceived by others so that you can monitor your behavior.

How to Effectively Manage Challenges

- **Embrace creativity:** Utilize your ability to think outside the box to develop unique and innovative solutions to problems.
- **Balance innovation with practicality:** Ensure your creative ideas are grounded in feasibility and can be effectively implemented within the workplace context.
- **Communicate effectively:** Articulate your creative ideas clearly and demonstrate how they address the underlying challenges.
- **Pay attention to details:** While focusing on the big picture, be diligent in addressing the finer details necessary for successful implementation.
- **Foster collaboration:** Engage with colleagues to gather diverse perspectives and refine your ideas collaboratively.
- **Stay adaptable:** Be open to feedback and willing to modify your approach based on input from others and changing circumstances.
- **Manage perceptions:** Be mindful of how your unconventional approach may be perceived and proactively address any concerns by demonstrating the practical value of your ideas.

Jesus' Teachings

By incorporating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Balancing creativity with practicality, fostering collaboration, and communicating clearly will not only enhance your innovative potential but also help build a supportive environment where your ideas are valued and understood. This alignment with Jesus' principles can lead to more fruitful interactions and successful implementations of your creative solutions.

- **Embrace Creativity:** Jesus often used parables and creative storytelling to convey profound truths (e.g., the Parable of the Good Samaritan in Luke 10:25-37). Embrace your creative thinking as a tool for problem-solving. Like Jesus, use innovative methods to express complex ideas and inspire others.
- **Balance Innovation with Practicality:** Jesus emphasized the importance of wisdom and discernment (e.g., Matthew 7:24-27, where He spoke about building a house on a solid foundation). Ensure that your innovative ideas are grounded in practical applications. Consider the feasibility of your proposals and how they can be realistically implemented.
- **Communicate Effectively:** Jesus was a master communicator who articulated His messages clearly, often using relatable examples (e.g., John 15:1-8, the vine and branches metaphor). Focus on clear and effective communication of your ideas, ensuring others understand how your solutions address real challenges.
- **Pay Attention to Details:** In Matthew 25:14-30 (the Parable of the Talents), Jesus highlights the importance of being responsible and diligent with what has been entrusted to us. While you may be visionary, don't overlook the importance of details. Be diligent in planning and executing your ideas to ensure they are successful.
- **Foster Collaboration:** Jesus gathered a diverse group of disciples and encouraged collaboration among them (e.g., Mark 3:13-19). Engage with colleagues to refine your ideas collaboratively. Value the diverse perspectives of others to enhance your innovative solutions.
- **Stay Adaptable:** Jesus adapted His teachings based on His audience and the circumstances around Him (e.g., His interactions with the Pharisees versus His disciples). Be open to feedback and willing to adjust your approach based on the needs and input of your team. Flexibility is key in a changing work environment.
- **Manage Perceptions:** Jesus often addressed misconceptions about His mission and methods, making His intentions clear to avoid misunderstanding (e.g., John 10:10, where He speaks about His purpose). Be proactive in addressing how your unconventional approaches are perceived. Use examples and results to demonstrate the practical value of your ideas.

Notes

CREATIVE LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

Primary Learning Style: Visual



These learners prefer to use visual aids like diagrams, charts, graphs, and videos to understand and remember information. They learn best when they can see visual representations of concepts.

Visual Learner Resources

As a 'visual' learner, here are some resources to help you better understand the bible and other concepts.

- **BibleProject videos at <https://bibleproject.com/explore/>**
All of BibleProject videos are short visual explanations that show how the Bible is a unified story that leads to Jesus.
- **YouVersion videos at <https://www.bible.com/videos>**
YouVersion / Bible.com has a large inventory of videos for books in the bible and many other themes.
- **Spoken Gospel videos at <https://www.spokengospel.com/library>**
Watch 'The Bible Explained' video series with an overview for many books of the bible.

Secondary Learning Style: Experiential/Active



They learn best through physical activities and hands-on experiences. They prefer learning by doing, such as participating in experiments, using an App, or interactive activities.

Experiential/Active Learner Resources

As an 'experiential/active' (kinesthetic) learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion App at <https://www.bible.com/app>**
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject App at <https://bibleproject.com/app/>**
Watch, Listen, and Learn - Your guide to the Bible's unified story. On the app, wherever you start is just the beginning.
- **Through the Word App at <https://app.throughtheword.org/>**
Understand the Bible in just ten minutes a day, with plans for every book and Audio Guides for every chapter.

CREATIVE RELATIONAL STRENGTHS WORKSHEET

Creative individuals excel in both community involvement and conversations, bringing a unique set of relational strengths that can enhance connection, understanding, and collaboration.

Relational Strengths in a Community

- **Inclusive and Open-minded:** They welcome people from diverse backgrounds and perspectives, fostering a sense of belonging. Their open-mindedness helps build a community that values different ideas, making others feel respected and included.
- **Promoting Growth and Learning:** Creative individuals encourage intellectual and personal growth within the community. They inspire others to explore new areas of interest and embrace learning, which enriches the group's collective knowledge and experience.
- **Creative Problem-Solving:** Their creativity helps them offer fresh, innovative solutions to communal challenges. They often think outside the box, which can lead to more dynamic and forward-thinking community projects or initiatives.
- **Bridging Differences:** They have a natural ability to see multiple sides of an issue, making them effective at resolving conflicts and bridging gaps between different opinions or perspectives. This helps maintain harmony in the community.
- **Fostering an Atmosphere of Curiosity:** Their curiosity sparks new ideas and initiatives in the community, encouraging others to explore, innovate, and participate in discussions or activities they might not have considered.
- **Supportive of Change:** Communities often evolve, and creative individuals help others embrace change by being adaptable and supportive of new directions or projects. Their flexibility makes transitions smoother for everyone.

Jesus' Teachings

Creative individuals are characterized by their creativity, curiosity, and willingness to explore new ideas and experiences. They tend to embrace diversity of thought and perspective, are open to change, and value understanding and growth. In a community, these individuals often foster innovation, inclusivity, and empathy. Jesus' teachings also reflect these values, particularly in His openness to diverse people, His emphasis on transformation, and His encouragement to explore deeper spiritual truths.

Teaching on Openness to Growth, Inclusivity, and Transformation

One of Jesus' teachings that reflects the relational strengths of creative individuals is His emphasis on being open to spiritual growth, new ways of thinking, and embracing diverse people.

Matthew 9:17: *"Neither do people pour new wine into old wineskins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved."*

This teaching highlights the importance of being open to new ideas, spiritual growth, and transformation, which are key strengths of creative individuals. It encourages flexibility and readiness for change, both in spiritual life and relationships.

Teaching on Inclusivity and Embracing Diversity

Jesus also demonstrated inclusivity and openness to diverse people and perspectives throughout His ministry. One of the clearest examples is His interaction with the Samaritan woman at the well, found in John 4. Despite cultural and societal norms that discouraged Jews from associating with Samaritans, Jesus engaged in a meaningful conversation with her, showing openness and breaking barriers of division.

John 4:9-10: *“The Samaritan woman said to him, ‘You are a Jew and I am a Samaritan woman. How can you ask me for a drink?’ (For Jews do not associate with Samaritans.) Jesus answered her, ‘If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water.’”*

This teaching reflects Jesus' openness to different cultures, backgrounds, and individuals, embracing diversity and encouraging deeper understanding, much like creative individuals who foster inclusivity and curiosity in community relationships.

Bible Verse that Represents These Relational Strengths

A Bible verse that aligns with the relational strengths of creative individuals, particularly the willingness to embrace others and the desire for deeper understanding, is:

Matthew 7:7-8: *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”*

This verse encourages a spirit of curiosity, exploration, and openness to discovering deeper truths. It reflects the strength of a creative individual—being willing to seek out new knowledge and embrace the unknown, both in faith and in relationships with others.

Notes

CREATIVE CONVERSATION STRENGTHS WORKSHEET

Creative individuals excel in both community involvement and conversations, bringing a unique set of relational strengths that can enhance connection, understanding, and collaboration.

Conversational Strengths

- **Active Listening:** Creative individuals are genuinely interested in hearing and understanding different viewpoints. They actively listen to others, which makes people feel valued and heard in conversations.
- **Curiosity-Driven Engagement:** Their natural curiosity leads them to ask thoughtful questions, delving deeper into topics and encouraging richer, more meaningful exchanges. They engage others with interest and encourage deeper discussions.
- **Non-judgmental Approach:** In conversations, they remain open to new or unfamiliar ideas without jumping to conclusions. This makes them approachable conversational partners, creating a safe space where people feel free to express themselves.
- **Broad Range of Interests:** Their varied interests and willingness to explore different subjects make them engaging conversationalists. They can easily connect with others on a wide range of topics, from the arts to science or philosophy, fostering stimulating and enriching dialogue.
- **Emotional Intelligence:** They are attuned to emotions—both their own and others'—which allows them to respond empathetically and sensitively in conversations. This emotional awareness helps in building stronger, more trusting connections.
- **Encouraging Openness in Others:** They often model openness and vulnerability, encouraging others to share their own thoughts, feelings, and experiences more freely. This deepens connections and fosters authentic communication.
- **Facilitating Idea Exchange:** They excel at creating spaces where new ideas can be explored without fear of criticism. In conversations, they act as facilitators, drawing out thoughts and insights from others, leading to productive and creative dialogue.

Jesus' Teachings

Creative individuals tend to be curious, imaginative, and open to new ideas and perspectives. In conversations, their strengths lie in their willingness to explore different viewpoints, engage with diverse thoughts, and foster creative, insightful dialogue. They are often adaptable and embrace discussions that push boundaries or challenge conventional thinking. Jesus' teachings frequently encourage deep reflection, openness to spiritual growth, and a willingness to question established norms in pursuit of deeper understanding and truth, aligning with the conversational strengths of creative individuals.

Teaching on Openness, Curiosity, and Embracing New Ideas

One of Jesus' teachings that reflects the strengths of creative individuals in conversations is His encouragement of seeking truth, asking questions, and being open to new insights. In Matthew 7:7-8, Jesus teaches about the importance of seeking, asking, and knocking, encouraging curiosity and openness to discovery:

Matthew 7:7-8: *"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened."*

This teaching highlights the strength of being open to learning, exploring new ideas, and being willing to ask questions. Creative individuals excel in conversations where they encourage others to explore new perspectives and seek deeper understanding.

Teaching on Expanding Understanding

Jesus often encouraged His followers to think beyond traditional boundaries and explore new spiritual insights. A key example of this openness is when Jesus challenged His listeners to embrace the deeper, spiritual meaning of the law, rather than just following its literal rules. In Mark 2:22, Jesus used the metaphor of new wine and old wineskins to explain the importance of being open to new ways of thinking:

Mark 2:22: *“And no one pours new wine into old wineskins. Otherwise, the wine will burst the skins, and both the wine and the wineskins will be ruined. No, they pour new wine into new wineskins.”*

This teaching reflects Jesus' emphasis on openness to new spiritual insights, just as creative individuals in conversation bring a willingness to explore new ideas and perspectives. They encourage others to think beyond rigid structures and embrace innovation and growth.

Bible Verse that Represents These Conversation Strengths

A Bible verse that aligns with a creative's strengths in communication, particularly their focus on exploration, wisdom, and thoughtful dialogue, is:

Proverbs 18:15: *“The heart of the discerning acquires knowledge, for the ears of the wise seek it out.”*

This verse reflects the strength of being open to learning and wisdom, which is a key trait of creative individuals. They are always eager to seek out new ideas, perspectives, and insights, contributing to conversations that are thoughtful and enriching.

Notes
