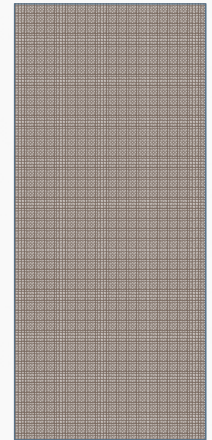


HUMANITIES 001: CREATIVE MINDS

WEEK 7 – HR 3 & 4



“MY PERSONAL CREATIVE JOURNEY”

The objective of this project is to experience the creative process in your personal life.

You can use the ideas from your first journal entry or something else.

You will turn in a worksheet where you describe how you experienced the various aspects of the creative process.

You will give a presentation either summarizing what you accomplished or showing/demonstrating what you accomplished.

The worksheet is yours alone, but you can creatively combine with a partner to give a collaborative presentation.

STAGE 4: TRIALS AND TRIBULATIONS ACTIVELY GENERATING NEW IDEAS

What occurred to help us
manifest something creative?

1. Go with the creative flow.
2. Mix and Match: Combinatory Play
3. Random Stimulation
4. Reframe; Find a new Context; Use new Metaphors
5. Be a Little Nutty
6. Don't worry. Be happy.
7. Establish an Exploratory Environment

STAGE 4: TRIALS AND TRIBULATIONS ACTIVELY GENERATING NEW IDEAS

What occurred to help us
manifest something creative?

7. Establish an Exploratory Environment

Five Keys to Group Creativity

1. Focus on creative environments, not people.
2. Develop trust and comfort.
3. Agree. Accept. Add
4. Not I , But We
5. Creative Leadership = cultivator of creative environments.

“CREATIVE LIVE”

Template Review:

<http://thinking-differently.com/creativeminds/wp-content/uploads/2013/05/Creative-Live-Worksheet-Template.doc>

STAGE 4: TRIALS AND TRIBULATIONS ACTIVELY GENERATING NEW IDEAS

Q1:

Do you see how the keys to group creativity are critical here?

Q2:

Do you see how the strategies for generating new ideas were implemented here?

Practice analyzing in groups.



STAGE 4: TRIALS AND TRIBULATIONS ACTIVELY GENERATING NEW IDEAS

- Issues:
 - Self-Censorship (why do we do this?)
 - Self-Criticism/Judgments (where does this come from?)

Can this help explain why children are more creative?

- Solutions?

CREATIVE EXERCISES

What type of activities do you think could help exercise our creative brain?

- Fictional Stories & Poetry
- Games and Improvisational Activities
- Jokes
- Janusian Thinking

THE CREATIVE PROCESS COVERED THUS FAR

- Stage 1: The Ordinary World
- Stage 2: Answering the Call
- Stage 3: Entering the Sea of Possibilities
- Stage 4: Trials & Tribulations of Finding New Ideas
- Stage 5: Retrieving the Reward

STAGE 5: RETRIEVING THE REWARD

LETTING IDEAS FIND YOU

How to Attract Creative Insights

- Thinking by Not Thinking:
 - Defocused Attention
- Wider Span of Neural Connections
 - Think of an apple...
- Avoiding stress. Learn to relax.
- Examples?
 - Poets
 - Mathematicians
 - Thomas Edison

STAGE 5: RETRIEVING THE REWARD LETTING IDEAS FIND YOU

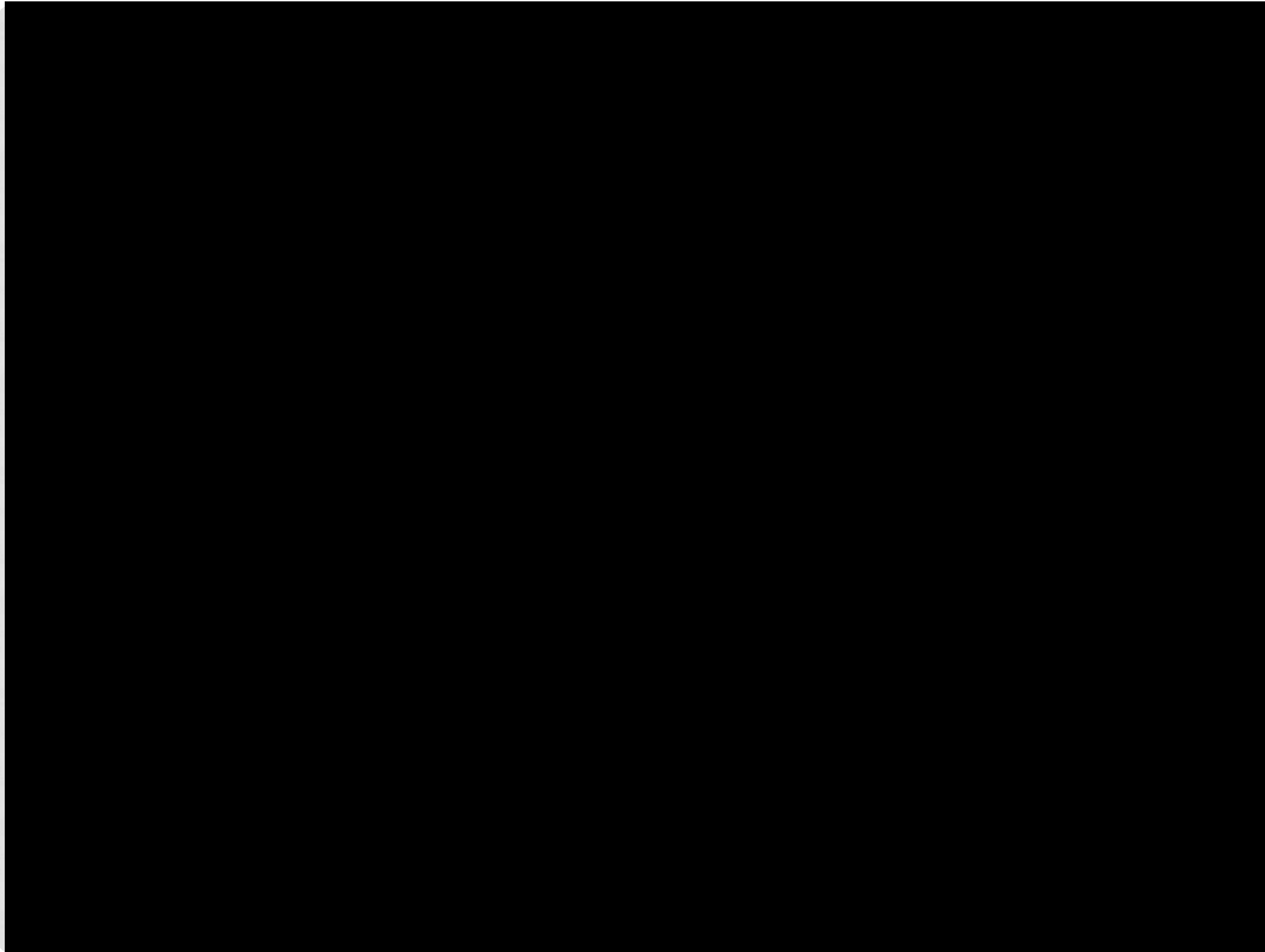
How to Attract Creative Insights

- What ways do you relax?
- Learn to enter meditative states.
 - Study with Meditating Monks →
 - Highest measures of gamma synchronicity
 - What do you know about meditation?

MEDITATION

WHAT COMES TO MIND?







MEDITATION

Definition: Mental exercise designed to produce relaxation or heightened awareness

- Concentrative Meditation:
 - Attention is paid to a single focal point (i.e., object, thought, sound, phrase, etc.)
- Mindfulness Meditation:
 - Based on widening attention span to become aware of everything experienced at a given moment

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STAGE 5: RETRIEVING THE REWARD LETTING IDEAS FIND YOU

- Issues:
 - Stress
 - Need for control

- Solutions
 - Step away. Take a break.
 - Learn to relax.

STAGE 6: THE RETURN HOME
BRINGING YOUR IDEAS TO LIFE

“Genius is 1% inspiration and 99% perspiration!”

Thomas Edison

What does the mean by this?

STAGE 6: THE RETURN HOME

BRINGING YOUR IDEAS TO LIFE

Got My Idea(s)!

Now What do I do?

- *Evaluate critically what works and what doesn't.*
- *Set goals and organize a plan of completion*
 - *(But didn't Johnny's genie say there is no plan?)*
- *Stay focused.*
- *Use your habits and skills to manifest it.*

Wait a minute. What does this sound like?

RETURN TO THE ORDINARY WORLD

Often Forgotten:

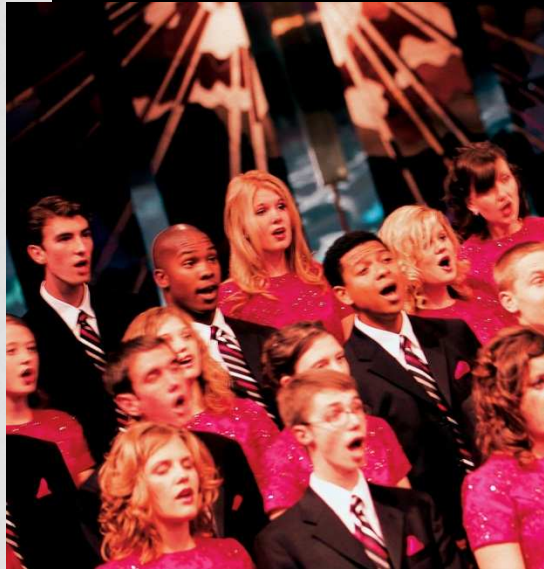
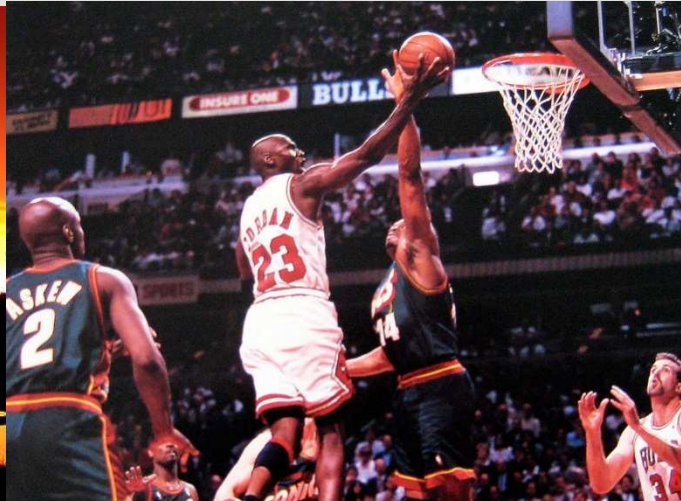
*Creativity is more than just new ideas.
It's turning new ideas into a reality.*

MOST SUCCESSFUL WHEN IN “FLOW”

- **“My mind isn’t wandering. I am not thinking of something else. I am totally involved in what I am doing.”**
- **“My concentration is like breathing. I never think of it.”**
- **“I am so involved in what I am doing. I don’t see myself as separate from what I am doing”**
- **“I lost my sense of time.”**

When have you
felt this way?

EXAMPLES OF THE FLOW EXPERIENCE



EXAMPLES OF FLOW EXPERIENCE



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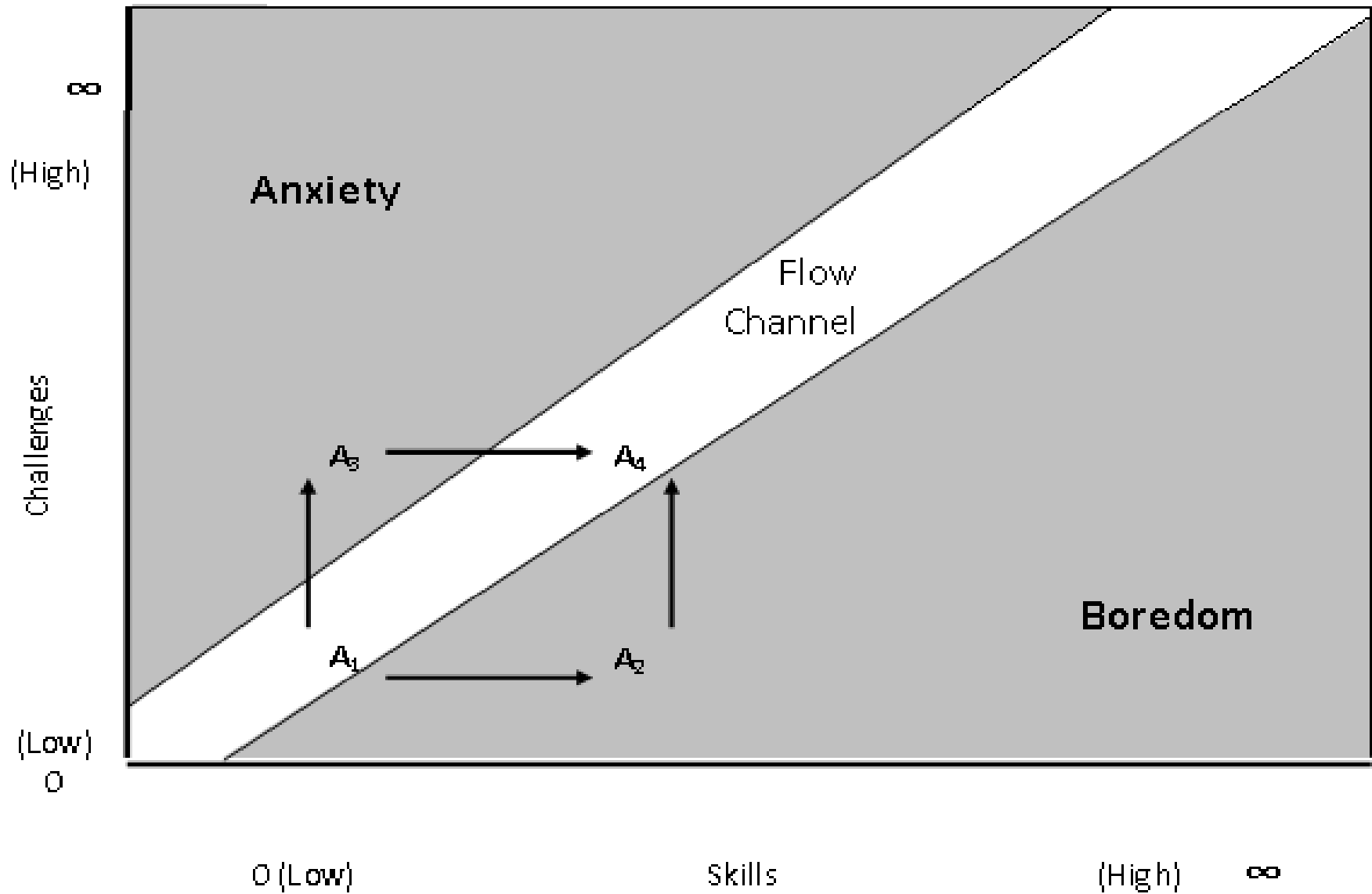
FLOW

During flow individuals are completely involved in what they are doing and we feel compelled to persist at what we are doing until we get it right and we lose track of time.

HOW TO ENTER FLOW:

1. FINDING A BALANCE

Find a balance between skills and challenge.



with the amount of challenge and skill in the task.

HOW TO ENTER FLOW:

2. UTILIZING “SIGNATURE STRENGTHS”

Martin Seligman

- Let's focus on maximizing strengths rather than fixing weaknesses!
- Use Strengths to Manage Weaknesses:
 - When you have to do something you are not good at or do not like doing, find a way to use your strengths to get it done.
 - In groups, networking strengths, or effectively utilizing each group-member's set of strengths for the best of the group can lead to the highest achievement.

HOW TO ENTER FLOW:

3. SET CLEAR GOALS

Csikszentmihalyi (1990) explains that having meaningful goals and a clear sense of purpose is essential to attaining flow.

So have a plan!

GOAL PLANNING FOR SUCCESS

1. Realize the Point of Goals
2. Avoid Attachment to Long-term Goals.
3. Realize what Goals to Focus on at this Moment.

THE POINT OF GOALS

According to Psychologist
Tal Ben-Shahar:

*Goals are not ends, they are the means
for enjoying the present.*

With a destination in mind, we are free to focus full
attention on where we are.

We then have direction and purpose.

AVOID ATTACHMENT TO LONG-TERM GOALS

How to avoid suffering from attachment to goals.

- Think of long term goals not as the ends, but as a magnet that provides you energy and direction.
- Strive for growth and improvement through your journey, knowing that an arrival is not your true purpose.
- Even failure leads to important feedback.

WHAT TO FOCUS ON

- Focus only on those goals (or aspects of the goals) that are within your control.
- Begin choosing immediate goals to pursue based on the Zorro Circle Principle.
 - Gain reserves from small accomplishments.
 - Build momentum, confidence, and energy.

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- Stage 6: The Return Home

OVERCOMING OBSTACLES

Complacency, Fear, Negativity, Habit, Conditioning, Social Pressures, Self-Criticism, Self-Censorship, Stress

There are so many obstacles.

How is it possible to overcome them all?

Motivation

