

CREATIVITY....

TRUE

OR

FALSE?



© Annabelle Narey 2025.

Creativity - True or False?

1. **Creativity is an innate trait that you either have or you don't.**
 - a) True
 - b) False
2. **Only people like actors, writers, artists, designers or musicians etc. are truly creative.**
 - a) True
 - b) False
3. **You need to be inspired to create something truly original.**
 - a) True
 - b) False
4. **Creativity is a solitary process that doesn't involve others.**
 - a) True
 - b) False
5. **Creativity can be forced, and deadlines often help spark it.**
 - a) True
 - b) False
6. **Creative people always have clear, unique ideas from the start.**
 - a) True
 - b) False
7. **You have to suffer or go through hardship to be truly creative.**
 - a) True
 - b) False
8. **There's a right way and a wrong way to be creative.**
 - a) True
 - b) False
9. **Creative ideas come only from moments of genius.**
 - a) True
 - b) False
10. **Failure is an important part of the creative process.**
 - a) True
 - b) False



Answers

1. **False** – Creativity is a skill that can be developed and nurtured over time by anyone.
2. **False** – Creativity is not limited to artists or musicians; it can be expressed by anyone in any field, including science, business, and everyday life.
3. **False** – You don't need inspiration to create something original. Creativity can also come from hard work, practice, along with exploring new ideas.
4. **False** – Creativity often benefits from collaboration and feedback. Working with other people can spark new perspectives and ideas.
5. **True** – Deadlines can actually help focus creativity and encourage productivity, even though creativity may also thrive *without* pressure.
6. **False** – Creative ideas often evolve and refine over time; the initial idea may not always be perfect or clear, new directions can form during the process itself.
7. **False** – While challenges may spark creativity for some, it's not a requirement for everyone. Creativity can arise from positive experiences too.
8. **False** – There is no singular "right" way to be creative; it is a personal and flexible process that can vary from person to person.
9. **False** – Creative ideas can come from hard work, observation, research, or even failure, not just moments of sudden inspiration.
10. **True** – Failure is often a necessary step in the creative process, as it can lead to new insights and ideas for improvement.



The Artist's Mantra

SAY REGULARLY TO YOURSELF....

- "I **AM** creatively talented."
- "I **CAN** have original ideas."
- "Working with others is **NOT** cheating."
- "Deadlines **CAN** be helpful."
- "It is **ABSOLUTELY OK** if I don't know what I am doing."
- "I **CAN** take inspiration from any source."
- "My failures are **POSITIVE.**"

