



CREATIVE EXPRESSION QUIZ

Everything you do is an act of self-expression and creativity. How you write your emails, dress for work, tell a story, decorate your home—these are all acts of expression. Our job is to figure out how much authenticity and creative voice you are putting into your life. Let's begin with a simple five-part quiz. The questions below can lead to an answer of "not a lot," which would be a rating of 1, or "completely," which would be a rating of 10. So ask yourself the questions and give yourself a score.

Categories

Home

1 2 3 4 5 6 7 8 9 10

How much "you" do you see and sense at your home? Is your unique style all over your home? Did you have a hand in picking the wall colors, the furniture, the lighting, the layout? Does your home really reflect who you are as a person?

Work

1 2 3 4 5 6 7 8 9 10

How much "you" do you see and sense at work? Is your work space uniquely you, featuring items, photographs, or design chosen by you? Do you feel that your coworkers have a sense of your individual strengths, style, and personality? Are your signature style and creative input all over the past five projects you worked on?

Intimate Relationship

1 2 3 4 5 6 7 8 9 10

How much do you see and sense your voice and values in your intimate relationship with your spouse or partner? Do the two of you do things that you enjoy and choose to do? Does your partner understand your values, communication style, quirks, and life ambitions? Do you feel that you bring flare and a fun independence to your relationship?

Friendships

1 2 3 4 5 6 7 8 9 10

How much do you see and sense your voice and values in your friendships? Do you do things with your friends that you enjoy and choose to do? Do your friends understand your values, communication style, quirks, and life ambitions? Do you feel that you bring flare and a fun independence to your friendships?

Leisure

1 2 3 4 5 6 7 8 9 10

How much "you" do you see and sense in your life of leisure outside your work life, family life, and social life? Do you read the books you would like to read? Are you pursuing hobbies that make you feel that you're expressing who you uniquely are?

Contributions

1 2 3 4 5 6 7 8 9 10

How much "you" do you see and sense in the ways you are contributing to the world in general? Do you feel you are leaving your unique imprint on the world? Do you sense that your work and volunteering reflect the essence of who you are? Do you feel you are adding a distinct voice and contribution to your community and the world at large?

Results:

Now add all your scores from the categories above. If your overall score isn't forty-five or above, then your life is lacking something deeply important: YOU! A lower score than that means you're not expressing who you are in some of the most important domains of your life. It would also suggest that you're likely cheating yourself and those around you of the joy of hearing from and knowing the real, authentic, unique, and creative you. If this is your score level, then it's time to bring a renewed commitment to living and creatively expressing who you really are. The world wants to see more of you in your life. There are more than 7 billion people on the planet. Among them, you are unique. Live that.

Often, the higher the score, the happier the person. This makes a lot of sense. How creative we feel in everyday life has a lot to do with how expressed and fulfilled we are in life. Luckily, there's nothing really tricky about moving the needle of creativity in each of these domains—it just takes a little focus and consistency.

Consider revisiting this Creative Expression Quiz now and turning it into a Creative Expression Planner by writing out each of the categories and asking yourself how you can bring more creativity to that area of your life. Take time to do this now before moving on. You'll see that just the act of creating these ideas will energize you, revealing one of the great joys of this drive—just thinking of how to be more creative in life can make you feel energized, engaged, and enthusiastic.