



Your Story – Our Story

Workshops for solo or group work

Creative Practitioner - Bill Taylor-Beales

Exercise 04 – Th 5 Creative habits Of Mind:

To accompany Your Story - Our Story – exercise 04

Preparation:

writing/drawing materials

Take a piece of A4 paper and place your hand on it with your fingers spread out
Draw around your hand and fingers – draw in your finger nails.

On the thumb write:

1 - Imagination

Discuss as group what that actually means - the ability to create imagery and thoughts in your mind that may or may not exist in reality. this is truly a super power as this is the beginning of creating things – making them a reality.

Next finger write:

2 - Perseverance

Discuss as group what that actually means - the ability to keep trying – to not give up – I would never be able to play the guitar if I had not persisted despite it being painful and sounding awful – practice and practice.

Next finger write:

3 - Discipline

Discuss as group what that actually means – this is not about being punished.... This is about skills – learning new crafts and practices – I have gathered many skills over my thirty years of work – including film making – animation – musician – sculpting etc – we should never stop learning new skills.

Next finger write:

4 - Inquisitive

Discuss as group what that actually means - being curious – being nosey – this is a very active habit of wanting/needing to find out information - researching – exploring ideas.

Last finger write:

5 - Collaboration

Discuss as group what that actually means - working together - sharing ideas – being a team – as a creative and in all my work situations being in a good team has meant my ideas have grown and my ability to achieve things is so much greater than what I can do on my own.

Lastly – grade yourself out of ten for each of the five habits – how well do you think you do each one - this is just for your to start think about how you can better your creative process.

