

# DESKTOP CREATIVES



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## 1st Step to Creative Freedom!

Psychological Pathway to Creative Thought!



# CREATIVE FREEDOM STARTS WITH **UNDERSTANDING!**

“Gain understanding, leverage your time, effort and creativity and **ACCESS YOUR FREEDOM!**”

## What you gain from this:

- **Introductory questions**
- **Understanding**
- **Prioritization**
- **Emotional Clarity**
- **A desire for PURPOSE**

At this point it is all about action steps towards purpose using every bit of your creativity, gifts and skillset. If you're interested in the next steps 'SUBSCRIBE' to our 'bi-weekly' Zoom sessions and prioritize your maximum potential.



# CREATIVE STEPS

## INTRO QUESTIONS

Answer these questions to your best ability.

1. WHAT DO YOU CONSIDER YOUR CREATIVE GIFTS?

2. DO YOU LIKE BEING CREATIVE?

3. HOW OFTEN DO YOU GET A CHANCE TO USE YOUR CREATIVITY AT YOUR JOB OR MINISTRY?

4. IF BEING CREATIVE WAS YOUR FULL TIME JOB, WHAT WOULD YOU DO?

# CREATIVE STEPS

## LIST YOUR LIKES + DISLIKES Pt. 1

Think about what you really LIKE + DISLIKE. The first line item is your 'top choice.'

### LIKES LIST

1.   
*(This is the 'top item' you like)*
2.
3.
4.
5.

### DISLIKES LIST

1.   
*(This is the 'top item' you dislike)*
2.
3.
4.
5.

## CREATIVE STEPS

## LIST YOUR LIKES + DISLIKES: Pt. 2

*(Select one option per each item)*

## LIKES LIST

HOW OFTEN A WEEK DO YOU GET TO DO WHAT YOU ENJOY?

- Once a week
- Twice a week
- Three - five times a week
- Everyday

WHERE DO YOU LEARN ABOUT THE THINGS YOU LIKE?

- Family
- Friends
- School
- Church
- Television / Movies
- Other

## DISLIKES LIST

HOW OFTEN DO YOU HAVE TO DO THINGS YOU DISLIKE?

- Once a week
- Twice a week
- Three - five times a week
- Everyday

WHERE DID YOU LEARN ABOUT THE ITEMS YOU DISLIKE?

- Family
- Friends
- School
- Church
- Television / Movies
- Other

# CREATIVE STEPS

## LIKES + DISLIKES PROFICIENCIES 4 QUADRANT Pt. 3

Fill in your LIKES + DISLIKES in the sections below.

Place the 'circle and number' within the four quadrant in the quadrant that feels best.

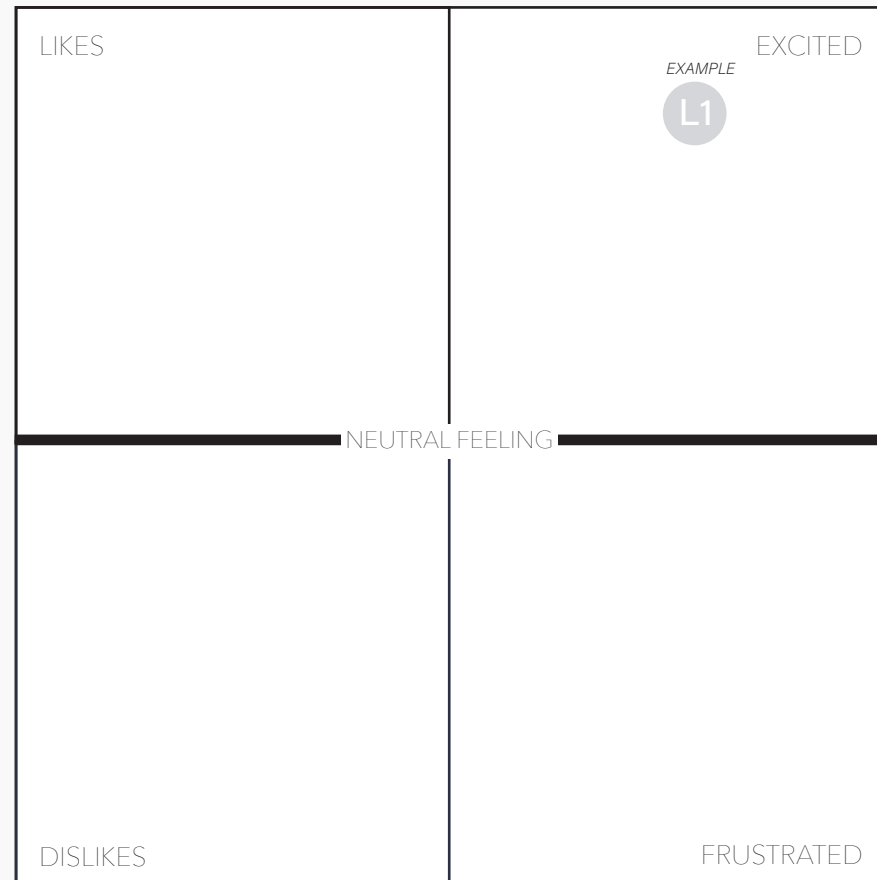
### LIKES LIST

- L1**  *Top Pick*
- L2
- L3
- L4
- L5

### DISLIKES LIST

- D1**  *Top Pick*
- D2
- D3
- D4
- D5

### 4 QUADRANT



# CAREER STEPS

## PURPOSE + POTENTIAL

BRIEFLY DESCRIBE WHAT YOUR PURPOSE IS.

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LIST YOUR KNOWN TALENTS YOU ARE AWARE OF.

1.  (Top talent) 5.

2.  6.

3.  7.

4.  8.

WHERE DO YOU DESIRE TO USE YOUR CREATIVITY?

(Choose one)

- EMPLOYMENT     ENTREPRENEURIAL     BOTH

# DISCIPLINED STEPS

## EMOTIONS AND BEHAVIORAL CONTROL Pt. 1

Fill out each line item briefly describing what you should be doing to maximize your daily routine.  
*(Include line necessary line items ex: sleep, family/friends, personal time, job, business endeavors).*  
*(This template is reusable).*

### MORNING

6 AM  
\_\_\_\_\_  
7 AM  
\_\_\_\_\_  
8 AM  
\_\_\_\_\_  
9 AM  
\_\_\_\_\_  
10 AM  
\_\_\_\_\_  
11 AM  
\_\_\_\_\_

### EVENING

6 PM  
\_\_\_\_\_  
7 PM  
\_\_\_\_\_  
8 PM  
\_\_\_\_\_  
9 PM  
\_\_\_\_\_  
10 PM  
\_\_\_\_\_  
11 PM  
\_\_\_\_\_

### AFTERNOON

12 PM  
\_\_\_\_\_  
1 PM  
\_\_\_\_\_  
2 PM  
\_\_\_\_\_  
3 PM  
\_\_\_\_\_  
4 PM  
\_\_\_\_\_  
5 PM  
\_\_\_\_\_

### MIDNIGHT

12 AM  
\_\_\_\_\_  
1 AM  
\_\_\_\_\_  
2 AM  
\_\_\_\_\_  
3 AM  
\_\_\_\_\_  
4 AM  
\_\_\_\_\_  
5 AM  
\_\_\_\_\_



# DISCIPLINED STEPS

## EMOTIONS AND BEHAVIORAL CONTROL Pt. 2

For each day, write out your primary focus. Each day should be a primary focus (*minimum 1-2 high priority items*).  
(*This template is reusable*).

### WEEK 1

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

### WEEK 2

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

### WEEK 3

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/

### WEEK 4

MONDAY	/
TUESDAY	/
WEDNESDAY	/
THURSDAY	/
FRIDAY	/
SATURDAY	/
SUNDAY	/