

A review of *Learn to find your creative self ... quickly*

by Mélissa Rhéaume

Author's note: This blog is intended for anyone that is seeking to enhance their creative potential.

Did you know that the Japanese word for crisis is made up of the same symbol for both opportunity and danger? Like what a crisis constitutes a danger but also open a world of opportunities. The essence of creativity is coming up with a variety of potential solutions (ideas) to an existing problem (situation).

The book

This book proposes new insights, new facts with examples of everyday creativity. It is simple to understand and available to everyone. Structured as a workbook it leads you in a self-exploration journey through 12 life lessons. It is centered on intrapersonal communication to enhance your creative potential. It is meant to be a 12-week challenge to develop and unleash your creative self.

To truly connect with your own potential, you need to question it at every level.

Through journaling you are encouraged to set play dates with yourself and allow some alone quality time.

Even though I haven't accomplished the challenge due to this blog deadline, I admit taking time to reflect on many of these questions. *How aware of you are you? Do you value your own creative energy? What do you believe is your creative masterpiece in life?*

The author is always challenging you with deep questioning. She brought the idea of self-fulfilling prophecy which is release through self-awareness and connected to the development of our full potential.

The 12 lessons

Each chapter presents a life lesson followed by three types of questions: to answer, for discussion and to ponder. All these questions are related to the life lessons. By deepening into the subject, it makes you look around and within yourself. Moreover, to connect with your feelings, understand your attitudes and welcome change in your life.

These are the 12 lessons to learning to find your creative self:



1. Journaling, Play Dates and more
2. The Self
3. More Self-Exploration
4. Vitality
5. Acceptance and success
6. Imagination, Enthusiasm, Hopes
7. Self-Trust and Future Goals
8. Dreaming – [Dream Deferred poem by Langston Hughes](#) (I liked the simplicity and profoundness of it)
9. Abundance
10. Appreciation
11. More Self-Awareness
12. Final overview and ending thoughts

If you are like me and you enjoy visual support, to enlarge it click [here](#).

Playfulness and appreciation are my most challenging lessons because they aren't as natural then others mentioned.

Throughout these chapters, I have been able to identify emotions, attitudes, and skills that I refer has blocks and leverages to creativity.

Creativity Blocks

Some creative blocks originate from within, while others are the result of interactions with others, your relationships, and the stance you adopt.

Creativity is hindered by several factors, including:

- Unsupportive people in your life.
- Self-criticism, self-doubt, and perfectionism.
- Fear, which is the antithesis of faith.
- Anger, frustration, worries and anxiety.
- The inability to put emotions into words.
- The feelings of jealousy, criticism, and resentment.

You can create introspective tasks to overcome these blocks, like suggested in this book. By paying attention to, identifying, and journaling about these limitations, you can empower and transform them into creative leverages.

Creativity Leverages

This book will inspire you to unleash your creative flow, and by doing so, you will discover your true self. Csikszentmihalyi wrote: “Flow happens when a person is involved is just

at the border between the two, where they have the skills to produce a new and useful outcome and are pushing themselves to develop them further.”

By encouraging these values, emotions, and beliefs, these creative leverages will help us overcome our internal barriers.

- Practice **relaxation**: Feeling of connectedness when we are relaxed.
- New positive mantra: **hope** as a motivator.
- Add **playfulness**.
- Build **self-confidence** by learning to trust yourself. Build self-appreciation and Believe in your own dreams.
- Choose your surrounding: To **be encouraged**.
- Regenerate our ability to **imagine** with enthusiasm, desire, and energy.
- Develop **empathy** and compassion.
- Anger can be used and transform in a **positive energy**.

A little reminder, we must concentrate on small victories because it is a nonlinear process. Like the author mentioned: “Little wins for bigger success”.

My insights

This book brings you to reflect on topics that might be more challenging. And guess what? I like it. With challenges comes opportunities... to learn and grow! Even though it was insightful, she hasn't provided results of any research on the subject.

Throughout my readings, I was able to make extra connections to different concepts, theories, and models in Creativity Studies.

[Creative Problem Solving](#) influences:

- Using an analogy of a magic lamp (Wishful thinking tool).
- Reformulating our wishes positively using a word of action (What do you see yourself doing ...)
- Identifying and clarifying the real problem.
- Convergent and divergent thinking: Allow the new, go for quantity, suspend judgment.
- Exploring the acceptance by identifying assisters and resisters.
- Developing an action plan with a short, middle, and long term.
- Focusing on deliberate creative thinking.

Many of the [Torrance creativity skills](#) that are essential to releasing your creative self are mentioned in the book, especially these three: be flexible, mindfulness and be aware of emotions. Additionally, increasing your self-awareness is the key, according to the power of influence as described by [Covey's circles of influence](#). Adopting a [Growth mindset](#) will also encourage you to actively seek out opportunities for learning and development. As a result, they are all related to enhancing our creative potential. Fascinating, isn't it?

Recommendations

Enjoy the journey and have fun unleashing your creative self! “Creativity is embedded in your core. It makes -you. You are your own creative endeavour.” I agree with the book that the essence of creativity begins with self-awareness.

“The readiness is all” - Shakespeare
Are you ready to unleash your creative potential?

Scarpone, J. (2018). *Learn to find your creative self quickly*. Balboa Press.