

Creative Wellness Assessment



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Creative Wellness Assessment

Peace & Wellness!

Welcome to the Creative Wellness Assessment.

Because the Creative Wellness Dimension is one of the most overlooked, awareness of this dimension is the first step to cultivating it. The second is to assess your creative mind and expression so that you can expand your creativity.

**Take this Assessment and then Meditate on the Results. When You FEEL ready to Cultivate Greater Wellness...
Go to: cultivatorgold.com**

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TRUE FALSE

I regularly engage in activities that allow me to express my creativity.

I find joy and fulfillment in artistic or imaginative pursuits.

I seek out new experiences that inspire creative thinking.

I embrace challenges as opportunities to think outside the box.

I give myself permission to explore new ideas without fear of failure.

I make time for personal projects that bring me happiness.

I believe in my ability to create something unique and meaningful.

Page 1 Score _____

CONTINUE TO PAGE 2

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TRUE FALSE

I enjoy collaborating with others to bring creative ideas to life.

I find creative solutions to everyday problems.

I keep a journal, sketchbook, or other creative outlet to capture my ideas.

I surround myself with people and environments that inspire my creativity.

I am open to constructive feedback that helps me grow creatively.

I use my creativity to bring joy and positivity into my life and others'.

I explore different forms of creative expression, such as music, writing, art, or movement.

Page 2 Score _____

CONTINUE TO PAGE 3

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TRUE FALSE

I take moments to appreciate the beauty in the world around me.

I trust my intuition and allow it to guide my creative process.

I feel a deep sense of purpose when engaging in creative activities.

I am patient with myself as I cultivate my creative skills.

I continuously seek knowledge to expand my creative potential.

I celebrate my creative achievements, no matter how small.

Total Score

Page 3 Score

CONTINUE TO KEY & INTERPRETATION ON NEXT PAGE

Creative Wellness Assessment

Interpretation of Results

16-20 True Responses: Creative Luminary

You are deeply in tune with your creative energy and use it to enhance your life and inspire others. Your ability to cultivate creativity is exceptional. Keep exploring, innovating, and sharing your gift with the world!

11-15 True Responses: Creative Cultivator

You actively embrace creativity and find joy in expressing yourself. There may be areas where you can expand your creative exploration. Focus on those false statements and continue to nurture your creative spirit!

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Creative Wellness Assessment

Interpretation of Results

6-10 True Responses: Creative Seeker

You have an interest in creativity but may not always prioritize it. Identify which statements you marked false and start integrating more creative activities into your daily life. Small steps can lead to a big transformation!

0-5 True Responses: Creative Awakener

Your creative potential is waiting to be cultivated! Every person has a spark of creativity within them. Focus on the statements you marked false and begin to explore ways to awaken and embrace your creative power. You have so much to offer—start your journey today!

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NEXT STEPS ON NEXT PAGE

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Next Steps

Reflect on your False responses—these are areas where you can focus your cultivation efforts.

Set an intention to integrate more creative practices into your daily life.

Explore new creative outlets and challenge yourself to think differently.

Celebrate your progress and trust that your creativity will flourish with time and practice!

Your creative wellness is a lifelong journey—enjoy the process!

Creative Wellness Pathway & Expression Guide

**Creativity manifests in many forms.
Explore these different creative avenues:**

Visual Arts

Drawing & Sketching
Painting (Acrylic, Watercolor, Oil)
Photography
Sculpting & Pottery
Collage & Mixed Media
Graphic Design & Illustration
Calligraphy & Hand Lettering

Writing & Storytelling

Fiction & Poetry Writing

Nonfiction & Journalism
Playwriting & Screenwriting
Blogging & Content Creation
Journaling & Memoir Writing
Spoken Word & Performance Poetry

Music & Sound

Playing an Instrument
Singing & Vocal Expression
Songwriting & Composing
Sound Design & Production
DJing & Beatmaking

Performance & Movement

Dance (Modern, Hip-Hop, Ballet,
etc.)

Acting & Theater Performance

Mime & Physical Theater
Circus Arts & Acrobatics

**Join Journaling Journey
for Journal Prompts**



Creative Wellness Pathway & Expression Guide

Craft & Design

Fashion Design & Sewing
Jewelry Making
Woodworking & Carving
Interior Decorating
Floral Arrangement

Culinary Creativity

Cooking & Recipe Creation
Baking & Cake Decorating
Food Photography & Styling
Fermentation & Experimental
Cooking

Digital & Multimedia Arts

Animation & Motion Graphics
Video Editing & Filmmaking
Virtual & Augmented Reality Art
Game Design

Everyday Creativity

DIY Home Projects
Gardening & Landscape Design
Creative Problem-Solving in Work
& Life
Social Media Storytelling
Upcycling & Sustainable Crafts

Healing & Expressive Arts

Art Therapy
Music Therapy
Expressive Movement Therapy
Sand Tray & Symbolic Play

Creativity is boundless.

Find what speaks to you and nurture your creative wellness!

For More Cultivation, Visit: cultivatorgold.com