

Creative Innovation Worksheet

What is Creative Innovation?

Creative Innovation is a systematic way of engaging life’s challenges that not only helps you find solutions or resolutions to current problems, but also helps you learn about yourself so that you meet future obstacles with more ease and less effort. Whether dealing with inner burdens or external setbacks, **Creative Innovation** helps you cut through whatever is obscuring your unique passion and intelligence. It lays the groundwork for you to be entirely you. You’re already something of a creative innovator. Everyone is. And your natural skill can be improved to yield you faster, more consistent results.

The **Creative Innovation Worksheet** is a tool, in two parts, that gives you a snapshot of where your creative innovation strengths lie and where they might be improved. It consists of the 25-statement scoring sheet and two progress charts. The scoring sheet, when fully true for *you*, reveal a foundation for living *your* life, achieving *your* dreams, and being entirely, irresistibly, *you*.

Instructions

You’re a creative innovator already, and as such I know you follow rules that work for you. Please feel free to follow these instructions ... or not.

That said, there are **4 steps** to completing the **Creative Innovation Worksheet**:

1. Answer each question.

Give yourself a score based on how true the statement is for you. Be rigorous; be a hard grader. DO NOT give yourself a ‘4’ until the statement is virtually always true for you. If the statement does not apply to you, please reword the statement to better fit your situation.

2. Score & Summarize.

Add up the numbers that represent how true each statement is for you, and write that total on the line indicated and in the **Progress Chart**, right.

3. Color in the 100-Point Checklist.

Always start from the bottom up. The goal is to score a full 100%. In the meantime you have a visual picture of how you’re doing.

4. Keep playing until you score all 4s.

You can do it! This process may take 30, 90, or 360 days, but you can achieve 100%! And the benefits will start immediately and last a lifetime. Partner with your coach, or a friend to assist you.

Let us know what you think. Send your comments and your score to ciscores@bethmlyons.com.

Progress Chart

Month/Year	Points (+/-)	Score

100-Point Checklist

Total	Creative Innovation Score		
	month/yr	month/yr	month/yr
100			
95			
90			
85			
80			
75			
70			
65			
60			
55			
50			
45			
40			
35			
30			
25			
20			
15			
10			
5			

Give yourself credit as you get points from the 100-point program. Fill in columns from the bottom up.

Want more? Visit www.KitchenTableCoaching.com

What's Your Creative Innovation Score?

NEVER TRUE ALWAYS TRUE
① ② ③ ④ ① ② ③ ④

- ① ② ③ ④ 1. When confronting a challenge, I take time to define what the problem is before trying out possible solutions.
- ① ② ③ ④ 2. I express my point of view – and honor my own experience. (Especially when it differs from other's views).
- ① ② ③ ④ 3. When situations appear black & white, either / or, I look for the 3rd thing (other possibilities).
- ① ② ③ ④ 4. I design my life to my advantage. I meet my own needs first, and address the needs of others second.
- ① ② ③ ④ 5. I understand why #4 is important.
- ① ② ③ ④ 6. When something is wrong or doesn't resonate with me, I get curious, rather than avoidant or defensive.
- ① ② ③ ④ 7. I am specific in my language and intention. I ask the question I want answered. For example I ask, 'How can this situation be improved?' rather than 'Why won't this work?'
- ① ② ③ ④ 8. I look for and recognize the advantage when confronting a problem, challenge or difficult situation.
- ① ② ③ ④ 9. I take up as much space as I need, physically, emotionally, psychically, etc.
- ① ② ③ ④ 10. The same problems rarely recur in my life. When I solve a problem, it 'stays solved'. I address the core issues.
- ① ② ③ ④ 11. When life gets tough, I retain my humor and laugh.
- ① ② ③ ④ 12. I ask for what I need, as many times as it takes, without shame or irritation.
- ① ② ③ ④ 13. I recognize the existence and value of patterns in my environment (behavior [mine & others'], situations, ideas & opportunities).
- ① ② ③ ④ 14. I challenge limitations that are assumed and taken for granted.
- ① ② ③ ④ 15. When limitations are 'real', I innovate within them. Limitations don't necessarily limit me.
- ① ② ③ ④ 16. My environment (physical, relationship, energetic, etc.) supports me.
- ① ② ③ ④ 17. I value and understand the perspective of others without losing my own point of view.
- ① ② ③ ④ 18. I don't force situations to conform to what they 'should' be. I let solutions evolve as they will.
- ① ② ③ ④ 19. I have permission. Simply because I am.
- ① ② ③ ④ 20. I consider and use external information (other's experiences) when it's relevant and appropriate, and disregard it when the knowledge doesn't serve me.
- ① ② ③ ④ 21. I listen to my instincts and hunches – I trust my internal wisdom.
- ① ② ③ ④ 22. I do more than listen to my instincts – I act on them.
- ① ② ③ ④ 23. I let things go. And when I walk away, I do so without doubt or regret.
- ① ② ③ ④ 24. I react in 'real time'. I take in a situation and act/react in the present moment.
- ① ② ③ ④ 25. I love that I am entirely unique, that I add value just by being myself, and I choose to be part of a community that values me for the same reasons.

Your total scores:

1st try: _____ on _____ 2nd: _____ on _____ 3rd: _____ on _____ 4th: _____ on _____
score date score date score date score date

You are encouraged to check back and score yourself again in a month or two, and again periodically after that.