

Now Go Create Podcast Episode 17: What's your creative type?

Understanding your creative personality with Carolyn Gregoire

This worksheet is designed to help you reflect on your own creative personality, explore your team dynamics, and apply insights from the Adobe Creative Types framework to your work. It's based on insights from Carolyn Gregoire, co-author of 'Wired To Create' and creator of the [Adobe Creative Types](#) test.

1. Know thy creative self

Take both tests at mycreativetype.com if you haven't already. then answer the following:

- What's your original creative type?
- What's your 'future' creative type from the Shape The Future test?
- Does it feel true for you? Why or why not?

2. Your creative strengths

- What do you think your strengths are, based on your creative type or any other insights you might have?
- Which of the following feel most like you right now? Tick all that apply.

- ☒ I generate lots of ideas, quickly and easily
- ☒ I need time to reflect before I speak or share
- ☒ I thrive under pressure and deadlines
- ☒ I prefer collaborating and bouncing ideas off others
- ☒ I love making things with my hands or visually
- ☒ I care about meaning, values, or storytelling in my work
- ☒ I focus on planning, process, and finishing
- ☒ I find it hard to get started unless I feel inspired

Underline one or more areas you'd like to improve or stretch in, or add your own.

[Listen to the episode here: https://player.captivate.fm/episode/25bec57f-4e94-4cd2-815d-02b9ea72de4a/](https://player.captivate.fm/episode/25bec57f-4e94-4cd2-815d-02b9ea72de4a/)

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3. Where might I have blind spots?

- Do you always default to your strengths in group work?
- Are there creative styles that you'd like to understand more?
- What type of creative thinker do you find hardest to work with?
- Where might you benefit from learning a different approach?
- Note down one possible blind spot and how you might address it.

4. Team dynamics: reflect and connect

Are you happy to share your creative type with the group?

If so, start in pairs. ask:

- Did your result surprise you?
- Does it reflect how you like to work or generate ideas?

Gather as a group:

- What patterns or preferences do you notice in the team?
- Are there any types missing that might bring new perspectives?
- How can we respect each other's styles when collaborating?

Agree ways of working:

- What helps each person be at their creative best?
- What drains or blocks creativity?
- How can we make space for introverts, extroverts, and everything in between?

5. Journal prompt: creativity and complexity

Carolyn says, "each creative person is a multitude." take 5–10 minutes to write about this:

"One contradiction i hold within myself is..."

"This tension helps me create by..."

What will you do next?

Write down one action you'll take after listening to this episode: this week i will...

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