

# What Shaped Your Creative Style Worksheet?

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This article provides an opportunity for you to reflect on the kinds of experiences that influenced the development of your creative Style. Consider the following reflection questions. I invite you to share your responses with a trusted colleague, coach, or partner.

Over the course of your life journey:

- *What was your experience of being either empowered or disempowered? What were the consequences? Did you get reprimanded or encouraged? What choices did you make that influence how you take risks and navigate the rules today?*

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- *What did you learn about navigating the power dynamics and dominant forces of command and control as they played out over the years? How has this shaped how you “play the game:” using the system to advance, staying under the radar, managing your relationship to your boss (or not), and leveraging opportunities as stepping-stones?*

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- *What did you learn about what it means to be accountable to yourself and others in the system? What contributes to trust, and to the achievement of results, outcomes, and shared goals? What’s the payoff for thinking beyond your defined responsibilities (your “remit”)? Do you hold your responsibilities loosely, and flex them depending on the circumstances—or do you guard the boundaries of what you are accountable for?*

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- *What have you learned about the meaning of “good enough” in different contexts? Are you a perfectionist? How important is it to get things “right” and “be the best”? Can you let things be messy and unfinished? Do you take your cues for what is good and right from others or from an inner barometer? How do you involve others in understanding needs and developing ideas and solutions?*

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- *What kinds of situations entangle you on what’s called the “Drama Triangle” where—in the story you hear in your head and tell out in the world—there is a Victim, a Villain, and a Rescuer? (This is a story that plays out in our families of origin and can replicate within organizational contexts. These patterns of interaction are so insidious, we may not even realize we’re “on the triangle.”) What role do you typically play? How does that influence how you bring your creativity forward in relation to others?*

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