



Recollecting creativity

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Activity – Recollecting creativity

Think back to a time when you were really creative. Maybe you suddenly had a moment of insight, maybe you woke up with a solution to a problem which had been bothering you for a long time. Perhaps you were in a group and together you came up with all sorts of novel ideas.

Try and reconstruct the process. What started you off towards need a solution – where did the question come from? What approaches did you use to try and solve it – and what happened when they didn't work? How did you feel when you suddenly had a moment of insight?

Try and map your experience on to the model of the creative process below:

