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| **Week 2 RESOURCES** |
| *Mental Blocks to Creativity* |
| *Use this tool on your own or with a group to think about whether or not the following are stumbling blocks that interfere with your creative efforts, or, alternatively, building blocks to creativity that you want to nourish. Then add your own ideas or blocks to the list.* |
| **Stumbling Blocks to Creativity** | **Building Blocks to Creativity** |
| Resource myopia (nearsightedness) | Resourcefulness |
| Following the rules…too closely, too often | Ability to think outside the rules |
| Seeing play as only frivolous | Playfulness |
| Focusing on just the right answer | Focus on exploring possibilities |
| Being judgmental, critical | Being accepting |
| Fear of failure | Ability to accept failure and learn from it |
| Discomfort with taking risks | Intelligent risk taking |
| Difficulty hearing another perspective or opinion | Active listening, acceptance of differences |
| Lack of openness to ideas | Receptivity to ideas |
| Political problems and turf battles | Collaboration, focus on mutual gain |
| Avoiding ambiguity | Tolerance for ambiguity |
| Intolerance | Tolerance |
| Lack of flexibility | Flexibility |
| Giving up too soon | Persistence |
| Worrying too much about what people will think | Having an inner focus |
| Thinking you’re not creative | Recognizing creative potential in self |
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