

THE CREATIVE CURE



Self-Assessment Questionnaire

by Jacob Nordby

INTRODUCTION

Many people believe that creativity is limited to artistic pursuits like painting, writing, sculpting, and so forth, and that a responsible adult spends the bulk of their waking hours “uncreatively.”

But accepting this limited definition of creativity is to miss the full magic it offers us.

Creativity is a uniquely human power that transforms everything you touch into the art of your own design. It’s like an invisible, playful, energy that seeks expression in everything you do, and tapping into this energy is one of the keys to a happy and fulfilling life.

To that aim, this assessment can help provide you with clarity about your life and what you have created so far and serve as a basis to develop a new plan for those areas of your life that aren’t currently fulfilling you.

Before you begin, I want to ask you not to judge yourself or your answers as you fill this assessment out. There are no “right” or “wrong” answers here. Rather, use this assessment as a tool to discover where YOU want to bring more joy into your life.

You are the architect (AKA artist) of your life. No one else can create it for you. The goal of this assessment is to help you notice any areas that need to be repainted, resculpted, or rewritten.

PERSONAL ASSESSMENT

Complete each section as quickly as possible. Don't overthink this. Allowing your feelings and intuition to come forward will provide surprising insight and clarity.

Please relax as you feel into your answers. The questions and answers are for your eyes only and are designed to foster curiosity rather than judgment. You are likely to think of other questions or areas of your life that we didn't list. Write them down! This is your creativity at work.





WORK & FINANCE

“Work is love made visible.”

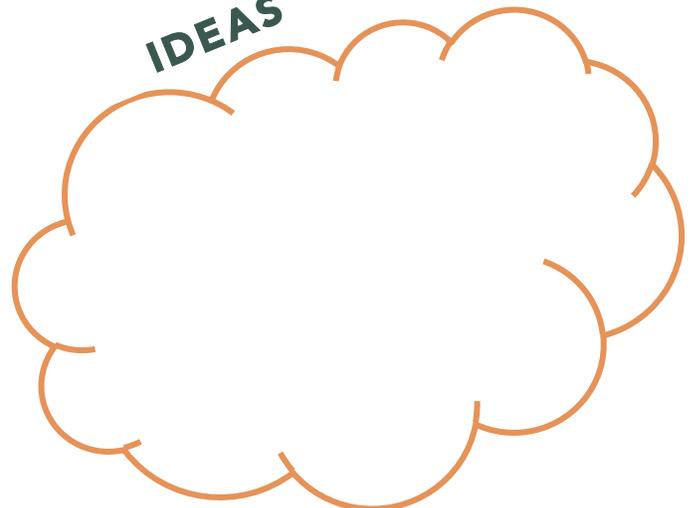
- Kahlil Gibran

Most of us spend a large percentage of our time at a job and paying bills, saving for the future, etc.

Clarity in this area will help you prioritize your career intentions, make time for your art, and infuse your efforts with a sense of meaning and purpose.

NOTES

IDEAS





WORK & FINANCE

Please rate on a scale of 1-10

1 = Disagree and 10 = Agree

My job challenges and inspires me; I look forward to going to work. _____

The ways I earn a living nourish me rather than exhaust me. _____

My income is adequate to comfortably afford my lifestyle. _____

My debt load is manageable and I have a plan to be debt-free. _____

I have savings and emergency funds. _____

I feel peaceful about my finances and my financial future. _____

NOTES:

Use the below space like a mini-journal.

How do you feel about your above answers?

Do any action items for changing the areas you aren't happy with come to mind?

List them here if so.



COMMUNITY

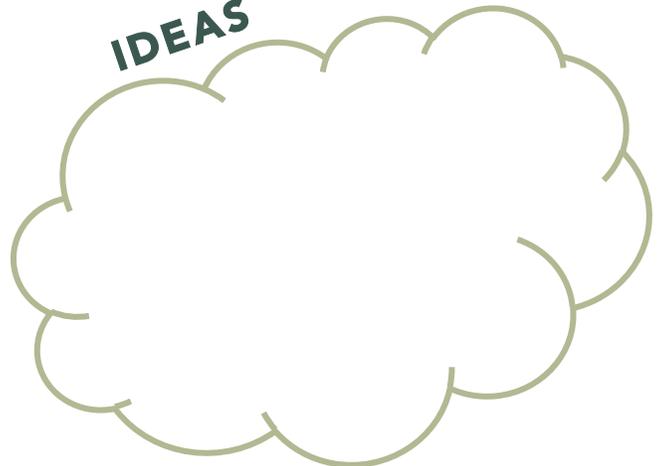
**"You really won't know where your home is until you meet your own kind and realize you're both playing the same game."
- Shannon L. Alder**

Your community includes your life partner, children, natal family, friends, and extended connections. Do your relationships feed your life or diminishing your energy?

Clarity in this area will help you make choices about where you to improve, make changes, and set boundaries.

NOTES

IDEAS





COMMUNITY

Please rate on a scale of 1-10

1 = Disagree and 10 = Agree

My romantic or life partner relationship is loving, supportive, and is characterized by evolving intimacy and friendship. _____

I do my part to have strong, loving connections with my family members (this could be children, parents, siblings, or all the above). I communicate with them often and we share important life events together. _____

I have a circle of close friends. We support each other and share in healthy ways.

I have good connections with a wider circle of acquaintances and groups of people who share my interests. _____

I think of others' needs and make an effort to be helpful when possible. _____

NOTES:

Use the below space like a mini-journal.

How do you feel about your above answers?

Do any action items for changing the areas you aren't happy with come to mind?

List them here if so.



WELLNESS

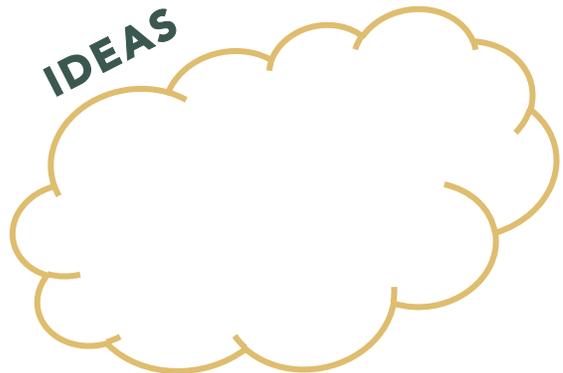
“Don’t move the way fear makes you move. Move the way love makes you move. Move the way joy makes you move.”
- Osho

Do you have a strong, healthy foundation to support the life you want to live?

Use this section to spot places where you need to improve your self-care and activities that will nourish and fulfill you.

NOTES

IDEAS





WELLNESS

Please rate on a scale of 1-10
1 = Disagree and 10 = Agree

I like my body—how it looks, feels, and moves. _____

I am physically active on a regular basis and/or have a regular exercise practice that is healthy and sustainable. _____

I take time to read, learn, and otherwise feed my mind. _____

I get proper sleep and make space for play and downtime. _____

I have a meaningful, consistent spiritual or mindfulness practice. _____

I love being creative in my own way and I engage in making my art regularly.

I have hobbies that are interesting and enriching; I engage in them regularly.

NOTES:

Use the below space like a mini-journal.

How do you feel about your above answers?

Do any action items for changing the areas you aren't happy with come to mind?

List them here if so.



ENVIRONMENT

"Home is a state of mind. A place of communion and unconditional love. It is where, when you cross its threshold, you finally feel at peace."

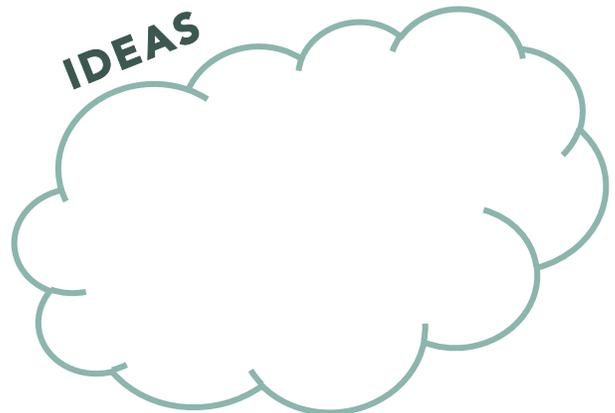
- Dennis Lehane

Like your physical body that houses your mind and spirit, your home and style of living can provide joy and comfort or can be a place that doesn't feel good and drains you.

The choice is yours.

NOTES

IDEAS





ENVIRONMENT

Please rate on a scale of 1-10
1 = Disagree and 10 = Agree

I enjoy the region I live in, it's where I want to live. _____

My house and furnishings reflect who I am and how I want to live. _____

My home is my castle. I enjoy this space inside and out. _____

I enjoy traditions and meaningful events in my home with friends and family.

My home is a place of respite, connection, and peace. _____

NOTES:

Use the below space like a mini-journal.

How do you feel about your above answers?

Do any action items for changing the areas you aren't happy with come to mind?

List them here if so.



INNER SELF

"A self is not something static, tied up in a pretty parcel and handed to the child, finished and complete. A self is always becoming."

- Madeleine L'Engle

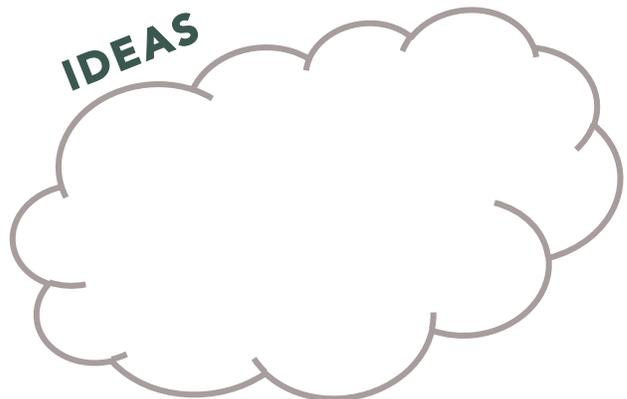
Your inner self, or your inner essence, is the true you at the deepest level.

Until we become comfortable in our own skin, it is very difficult to create lasting change in the other areas of life.

A strong sense of self becomes your intuitive guide and helps you move in the direction of your heart's desires in every other area.

NOTES

IDEAS





INNER SELF

Please rate on a scale of 1-10

1 = Disagree and 10 = Agree

I am comfortable in my own skin; I like who I am. _____

I often judge myself, get down on myself, or berate myself internally. _____

I am my own best friend. _____

I am clear about my values, but also open to evolve and explore ideas outside of my accustomed mindset. _____

My values guide my actions at home and work, even when no one else is watching.

NOTES:

Use the below space like a mini-journal.

How do you feel about your above answers?

Do any action items for changing the areas you aren't happy with come to mind?

List them here if so.

CONCLUSION

Take a short break. Read back over your responses. Notice which areas feel light, good, and healthy, and which areas feel heavy, painful, or toxic.

As you do this, please relax. If you have not taken stock of these things in some time, you may be surprised at the number of items that come into sharp and unpleasant clarity. You don't need to fix or address all these items at once.

****Important! No sudden moves.** Please do not use this exercise as a pretext to make large, sudden life changes. You may need time, coaching, or professional help to transition into a life that matches your true self more fully, in a way that is loving to yourself and those around you, while not sacrificing your honest desires.

FOR CONTINUED EXPLORATION

'Listening to Yourself' Exercise

Set aside a time to QUICKLY make a list of every current "mess" you can think of in your life. Nothing is too small or insignificant. List everything from a shoe with broken laces, to the overdue oil change, to an imbalanced friendship, an unsatisfying job or relationship, and beyond.

This is a process of allowing space to pay real attention to your needs, irritations, preferences, and what you have been tolerating.

Write it out in long sentences and stories, or in simple list style, list everything that does, could, or should bother you in your life—especially those things you always pretend are "no big deal" or shouldn't really be a problem. Be specific and thorough.

You will notice that this exercise of listening to yourself frees up much-needed energetic space. Your creative nature is primed to fill the open space and help you transform each of these areas in ways that will delight you and inspire further growth.

You may connect with Jacob Nordby at www.jacobnordby.com Join the mailing list to be notified of upcoming live events and online courses that will help you deepen this work of creative self-discovery and transformation.