

The Mind Of A Creative



Having worked with creative women for over 3 decades in one capacity or another, have spent time observing their traits and tendencies. I have also raised 2 children on the ASD spectrum, one with autism, one with ADHD and both creative! Creativity has saved my children, allowed them to find themselves and forged career prospects. My personal opinion is that labels are irrelevant, and I see a lot of the traits of ADHD and Autism in myself and other creative women. To me this means that we are the normal ones, and the country is being run by the misfits and weirdo's (disclaimer this is my opinion and not a scientific fact, but I bet I could prove it if I invested 10 years of my life into scientific study).

So, after much editing and thought, here are my collection of observations about the creative mind, a beautiful thing and totally marginalised unnecessarily.

Step into it, step up to it and own it!

- 1. Your mind never slows down** - non-stop & filled with curiosity. Do you ever feel like your mind literally never stops, constantly coming up with ideas and things that you could be doing other than what you are currently doing? There never seems to be a break from thought, like a machine constantly running, it is exhausting. But it is also the source of some fun experiences and memorable discussions.
- 2. You challenge the status quo** - What if? Why not? If you notice inequality you will speak up, and you will question what others don't. This can make people around you feel uncomfortable, but it is necessary for us to discover new ways of doing things.
- 3. You embrace your genius even if others don't** - authentic NOT popular. It is important to you to be the real you and not contrived. You may have been the rebel, the goth, the hippy and you will dig your heels in when challenged. You want your individuality seen and heard.
- 4. You have difficulty staying on task** - SOS - shiny object syndrome is part of your daily routine. You find yourself chasing the next shiny idea instead of completing your current task. You make big mental leaps to new possibilities and get bored very quickly. This can be beneficial for challenging yourself, but detrimental to your income because you often don't allow an idea to consolidate and create revenue consistently before you are off on another project.

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5. You create in cycles - from high & manic to low slumps. Noticing your cycles and adding routine tasks that make a difference to your business when you are in a slump is necessary to survival and growth.

6. You need time for your soul - self soothing with meditation and periods of solitude to re-charge will allow you to recover more quickly. If you don't allow recovery time, then creative flow may move further away.

7. You need space to create - environment delivers peak performance, when you are constrained in a small space you feel trapped and less able to produce good work. This can be frustrating because most creatives need to make do with limited space. Seek out opportunities for additional creative space wherever you can.

8. You focus intensely - you can tune out the world when you are focused on your creation, but if you are interrupted you are slow to recover. Even a 20 second interruption can knock you off your flow for 20 minutes.

9. You feel deeply - human expression personified; you scream at the canvas to create a mere droplet. You are passionate about depicting differences and inequalities in your work even if that is manifested as merely the contrast between dark & light.

10. You live on the edge of joy and depression - your sensitive heart is the source of your genius and suffering. The phrase 'an artist suffers for his/her art' is so true. It is this level of deep feeling that allows you to produce your best work.

11. You think and speak in stories - explaining isn't the point, experience is. Why say one word when you can say 100? People may roll their eyes when you start to talk because they know that this could take time, but you paint such a fascinating picture that it is also kind of addictive.

12. You battle resistance every day - you have 2 lives, the life you live and the live you are capable of in the middle is resistance. You resist change and yet you help facilitate it. You resist investing in yourself yet to do so would create greatness.

13. You take your work personally - you ARE your work, SO every condemnation is a personal one and impacts self-worth. It hurts when someone doesn't like your work you may hide it well, but you are so connected to the work you produce it really does feel like a personal insult.

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14. You have a hard time believing in yourself - even the most apparently confident creatives wonder if they are actually good enough. Imposter syndrome creeps in a lot of the time. You compare yourself to others constantly.

15. You are deeply intuitive - you can't explain why you just know. Scientists have studied creative people at length, and this is a very common trait. You have an ability to notice the minutiae of behaviour and body movement and make connections

16. You use procrastination as a tool - your best work happens under pressure, so you use this sometimes to deliver to deadlines. Your procrastination comes from many of the other traits that distract you from your focus or project.

17. You become addicted to creative flow - the flow state may be the most addictive state on earth, and you seek it out at every opportunity. You become frustrated when it seems elusive.

18. You struggle to complete projects - the joy of the initial creation is more exciting than the monotony of completion. You are easily bored and prefer the start to the finish.

19. You connect the dots better than others - you see patterns even as words are spoken and have an ability to complete a full picture whilst others are still wondering what to do next.

20. You will never grow up - life viewed with childlike wonder is the epitome of creativity. You will become childlike when you are in creative flow, and this removes some of the other barriers that you impose on yourself.

21. You have a tendency towards addiction - I am not necessarily referring to substances here such as alcohol or drugs. Your addiction is firstly to creative flow and when this is not present you can turn to multiple other sources of instant gratification such as shopping for beautiful things, food, buying art or craft supplies, charity shops & car boot sales, etc. This tendency can cause you to have problems with debt or money management but will also produce an interesting and eclectic environment.

22. You can be prone to anger and blame - when things don't go the way you want them to you can lash out and blame others for your mistakes. You regret it later and say sorry, but these bouts of anger and blame are the epitome of your passion.

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23. You have a big problem with your money mindset - you are not good with money, full stop. You struggle to charge your worth; you give things away and money slips through your fingers when it comes. You seem to just scrape by all the time and fit into the persona of the starving artist.

24. You experience physical symptoms - your highs and lows can manifest as headaches, migraines, back pain, neck & shoulder pain and other physical ailments. Because you are so connected to your work and feel deeply it can be difficult for you to control the physical ailments when they show up.

25. You can be huffy - the fact that you take things personally in your work tends to spill over into your life. You are quick to react to any real or perceived critique.

26. You are hard to live with and can be extremely critical - creatives are hard to live with, fact. You can be critical of others because you are critical of yourself, you don't mean to because you are kind at heart, it just comes out sometimes before you realise. The people who really love you will enjoy your uniqueness and not try and dim it. You may find relationships hard and get bored.

27. You see the talent and light in others - you are quick to spot talent and goodness in others even if they don't see it in themselves.

28. You are a leader - you have so many leadership skills, you are an ideas person, a trailblazer and not afraid to question things, if you can control your boredom and inability to stay on task by surrounding yourself with people who have those skills you will be incredibly successful.

29. You are a daydreamer - your mind wanders off into daydream land regularly, but this can be a good trait which feeds your ability to make connections. In your daydreams you are piecing things together and making sense of the knowledge and information in your mind

30. You are a survivor - you will have experienced trauma, difficulties, and emotional challenges, but you bounce back and create new pathways.

31. You are a risk taker - you take risks with your creative work, and this teaches you to take risks in life. You are prepared to risk and lose everything to create something new and better.

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32. You are open to new experiences - you love to experience the world around you, the people, the places, and the cultures. Colour, smells, texture, and nature are all to be experienced not just seen in pictures. You tend to use all your senses, much more than others do.

33. You can be inspired by the mundane - you notice the beauty in the things that others walk past. The broken and discarded things that still have beauty which the left brainers will never see as anything other than disposable.

34. You work crazy hours - you are painting at 2 am and sleeping at 10 am, there are no office hours for creatives and there is a desire to openly challenge what others expect. You will work when you want to work.

35. You hold grudges and you let things go - you are a contradiction in terms, sometimes forgiving easily and other times holding onto the pain and heartache they have caused. Light & dark, up and down, you are opposites and perfection all rolled into one.

