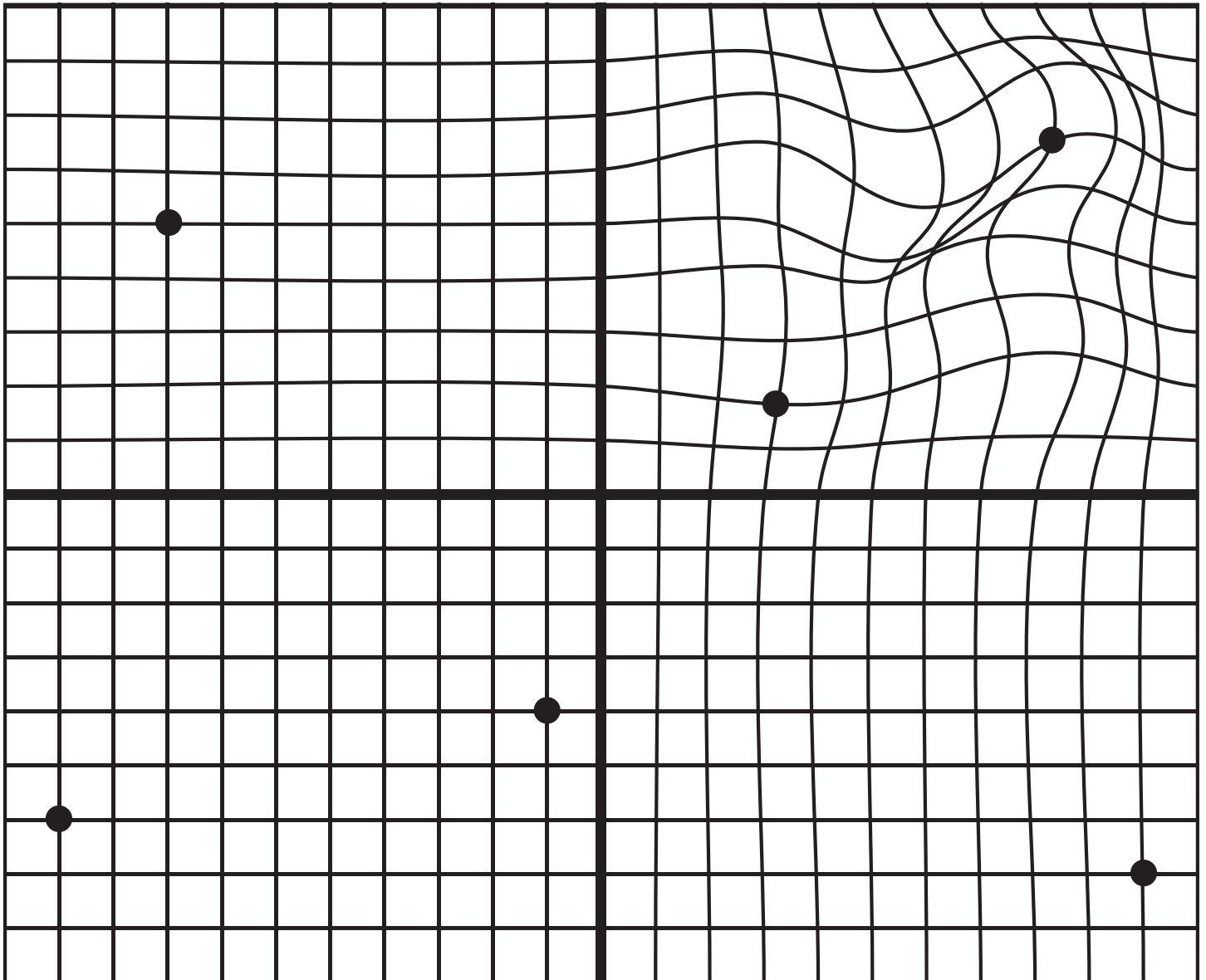


Creative Energy Worksheet

A map to generate more flow and fulfillment at work



About Culture Kits

The Creative Energy Worksheet along with all of our Culture Kits are free, adaptable, and made for anyone who wants to make work better. We're sharing our tools to empower and equip you to shape your own work culture. What will you explore with this Culture Kit? Visit dropbox.design for more.

Contributors

Kim Bost, Jennifer Brook, Lexi Visco, Amelia Granger,
Michelle Morrison, Gabrielle Matte, Kelly Arce, Olivia Luo,
Beauty Nazzaro, Fanny Luor



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Introduction

We believe everyone has the capacity to create extraordinary things. Creative Energy is the force that drives us to be inventive, imaginative, and solve hard problems.

The more Creative Energy you have, the more you can do great work, experience fulfillment at work and in your life, and sustain your efforts for the long-term.

This map is a tool to understand where your different efforts place you along the Creative Energy Grid—some projects generate flow and fulfillment while others drag you away from it.

Instructions

Make a list of all the projects, initiatives, or tasks that take time in your life. You can also include a completed project that was energizing and another that was draining to get a sense of your own range. Once you have the projects listed, plot them on the map.

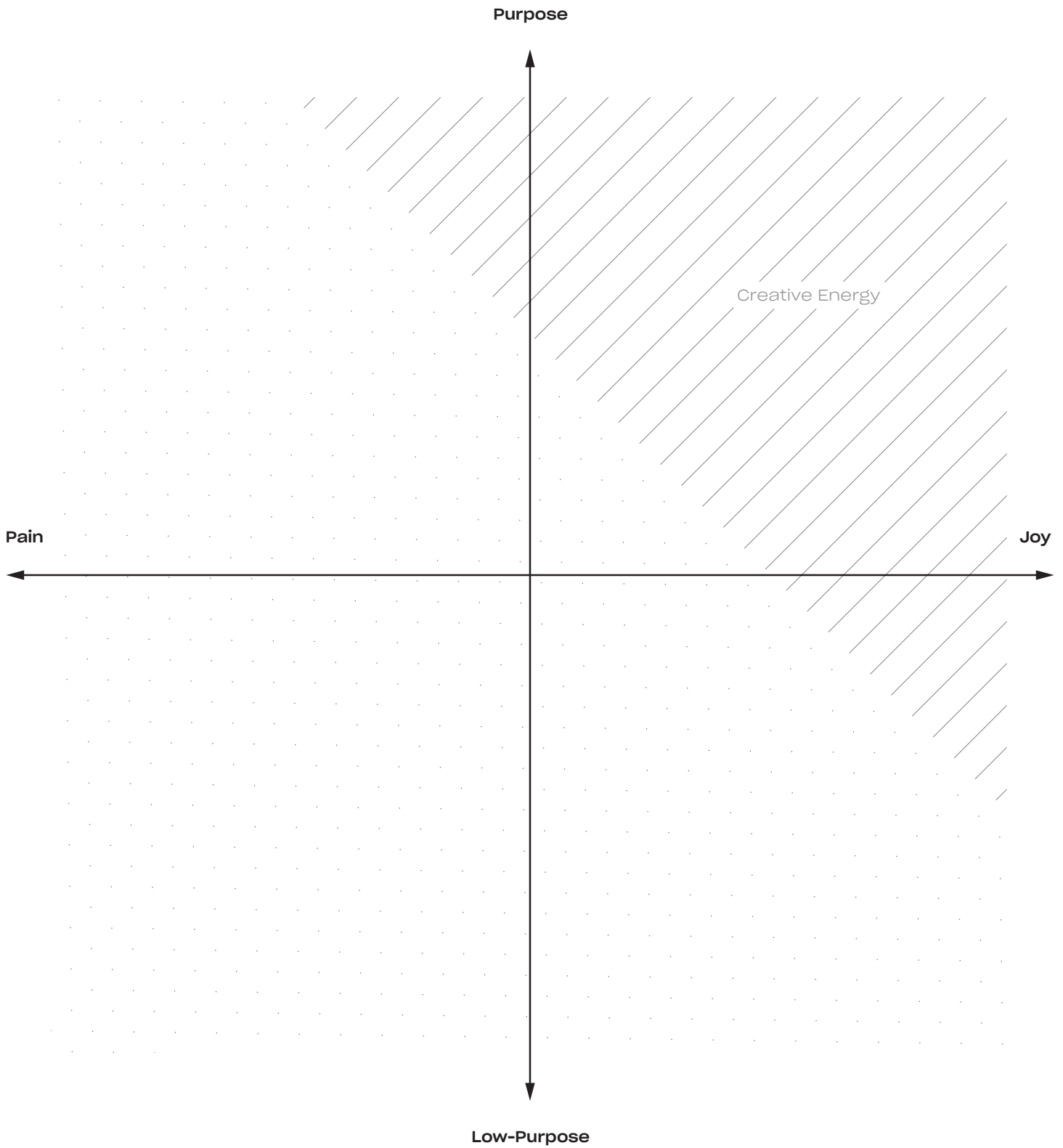
Questions to consider when mapping:

- Do I look forward to working on this?
- Does this make me feel tired or energized?
- Does the “why” of this work resonate with me?

Printing & Assembly

You will need a printer and paper. When you're ready to print, make sure that you select these settings on your printer:

- Print at actual size (US Letter 8.5 x 11 inches)



Reflection

In considering the projects that are in the creative energy lines, do any themes or patterns emerge? Everyone has a unique formula for what pulls them toward joy and purpose—the next page has a few reflection questions as well as a list of ideas for how to generate more Creative Energy in your life.

Learnings

Observations

- What does seeing your projects on the grid reveal to you?
- What generates the most energy?
- Is there a way to focus more of your time and energy here?
- Is there something you can stop doing?
- Is there a shift you need to make?

Creative Energy Generators

Ways to generate more joy—

- Seek clarity of direction and achievable goals
- Find supportive daily rituals and personal rhythms
- Visit a museum or explore a new place
- Make time for focused work
- Have an inspiring conversation
- Create space for self-care
- Listen to music
- Take a walk

Ways to generate more purpose—

- Look for opportunities to make unique contributions
- See and appreciate the fruits of your own labor
- Give support and appreciation to others
- Seek ways to contribute to a bigger mission
- Learn something new
