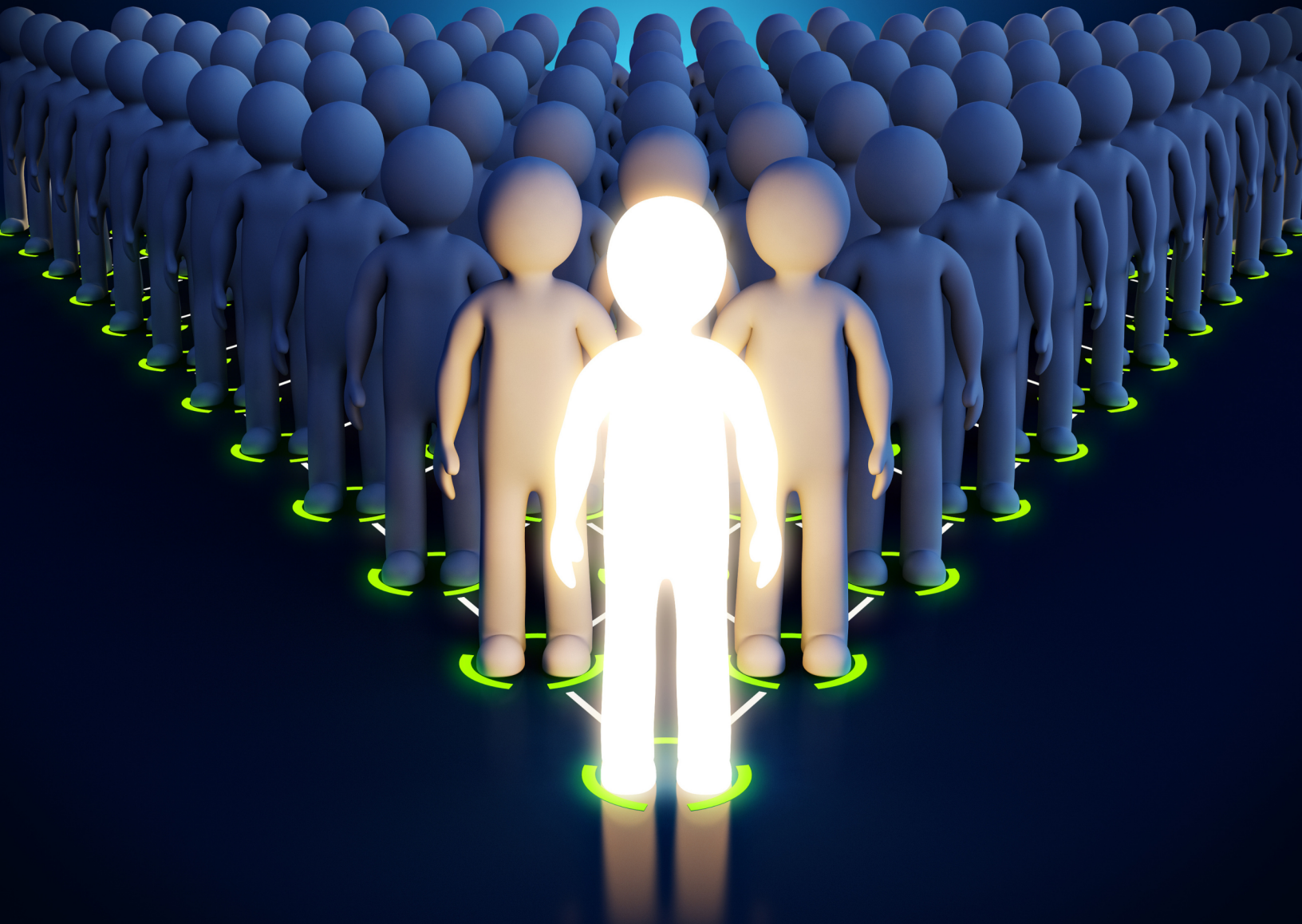




THE
JOHN BARRETT
LEADERSHIP PODCAST



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Notes

Episode 39: The 5 Disciplines Of Creativity

Creativity is not something we find; it is something we develop.

1) _____

2) _____

3) _____

4) _____

5) _____

Creativity suffocates without collaboration



Reflection

Episode 39: The 5 Disciplines Of Creativity

Episode Summary:

In this episode of the John Barrett Leadership podcast, John Barrett discusses the importance of creativity in leadership and personal development. He debunks the myth that creativity is an innate talent possessed by only a select few, asserting that everyone is born with creative potential. Barrett emphasizes that creativity is not a mystical force but an intentional effort that can be developed through discipline. He outlines five key disciplines that can enhance one's creativity: problem-solving, organizing, learning, testing, and collaborating. By adopting these practices, individuals can improve their creativity and, consequently, their success and opportunities in various aspects of life.

Reflection Questions:

1. How do you define creativity in your own life, and where do you see it manifest most frequently?
2. Can you share a time when you solved a problem creatively?
3. What systems or tools do you use to organize your thoughts and ideas?
4. How do you approach learning new things, and how does that contribute to your creativity?
5. Can you think of a time when testing and failure led to a significant breakthrough for you?
6. Who are the people in your life who inspire and challenge you creatively?
7. How can we encourage one another to see problems as opportunities for creativity?
8. In what ways can we collaborate more effectively to enhance our collective creativity?