

KATHERINE ROBERTSON-PILLING



The Wheel of Creativity™
QUICKSTART

Find your place in the Wheel. Take your place in your Life.

It's very important always to live your life by
an inner scorecard, not an outer scorecard."

– Warren Buffett

Table of Contents



Welcome to the Wheel of Creativity™ QuickStart	2
Step-by-step from where you are to where you want to be	2
STEP 1. Choose your area.	3
STEP 2. Get to know the map. Discover the Wheel.	4
STEP 3. Find your "You Are Here."	6
STEP 4. Build your bridge.	7

Welcome to the Wheel of Creativity™ QuickStart

Step-by-step from where you are to where you want to be

Welcome!

I'm Katherine Robertson-Pilling, strategic creativity coach, entrepreneur and author of ***The Wheel of Creativity: Taking Your Place in the Adventure of Life***.



Katherine Robertson-Pilling

Congratulations for taking this step on your personal path to success. Whether you're a business person, a creative person, or both, this QuickStart will help you understand and use the Wheel of Creativity in your business or creative projects and your daily life.

Everything in your life is the product of a creative process. Consciously or unconsciously, deliberately or by default, you create your professional success, your bank balance, your personal fulfillment, and even your weight. And you can change them all by learning to master the process.

How Do I Use The Wheel of Creativity to Get Where I Want to Go?

Everything starts as a thought, expands with intuition, comes alive with emotion and is produced by actions in the physical world. The Wheel of Creativity trains you in all four parts of the process. In this QuickStart, you'll find basic tools to help you make the most of each stage of the Wheel.

Be patient. The Wheel of Creativity is a complex framework that can be used in many ways, in every area of your life. Understanding the Wheel and learning to work through its stages takes time. This is just the first step.

The Wheel of Creativity™ QuickStart

STEP 1. Choose your area.

Every area of your life has its own creative cycle.

Whether you want to build a business, monetize a dream, write a book, or get in shape, the process required to get from here to there is fundamentally creative. The Wheel is your roadmap for them all. Every area of your life has its own creative cycle. Because you can be in many places in the Wheel of Creativity at the same time, it is helpful to choose one area at a time to focus on for this exercise.

The place to begin is where you are now. Choose one area that you want to work.

- ✓ Business
- ✓ Security/Finance
- ✓ Physical Environment
- ✓ Romance/Mate
- ✓ Health & Well-being
- ✓ Contribution/Giving
- ✓ Personal Growth
- ✓ Creativity
- ✓ Love & Family
- ✓ Friendship
- ✓ Spirituality
- ✓ Fun & Recreation

Write down the area you have chosen here:

What is bothering you in this area of your life? Where do you see yourself today?

How do you want it to be?

What do you want to be / do / have / give here?

The Wheel of Creativity™ QuickStart

STEP 2. Get to know the map. Discover the Wheel.

Your journey around the Wheel of Creativity begins at Home. It's the status quo; it's your comfort zone. We all love our comfort zones, and we'll stay there as long as we can... until one day something happens. Maybe you lose your job, your partner files for divorce, your business fails. Or maybe you just get a gnawing feeling that something's missing. You are propelled out of your comfort zone and onto the Wheel, from what-is to what-could-be.

The Four Quarters. Your personal trip takes you counterclockwise through four quarters...

Quarter 1: Vision is the quarter of the Mind... your thoughts.

Quarter 2: Exploration is the quarter of the Spirit... your intuitions or instincts.

Quarter 3: Incubation is the quarter of the Heart... your emotions.

Quarter 4: Cultivation is the quarter of the Body... your physical sensations.

In a business or creative project, the four quarters equate to:

1. The Idea: where new things begin, in the form of ideas.
2. The Research: where new ideas are explored, pursued and tested.
3. The Prototype: where seeds of new things are sown, protected and grown.
4. The Product: where new things are developed, refined and made real.

The 12 Stations. Each quarter has three stations – a beginning, a middle and an end – with their own unique experiences, tasks and rewards.

For example, Hunger is Station 1. In Hunger...

- The Experience is Restlessness.
- The Task is to Tell the Truth.
- The Reward is Awareness.

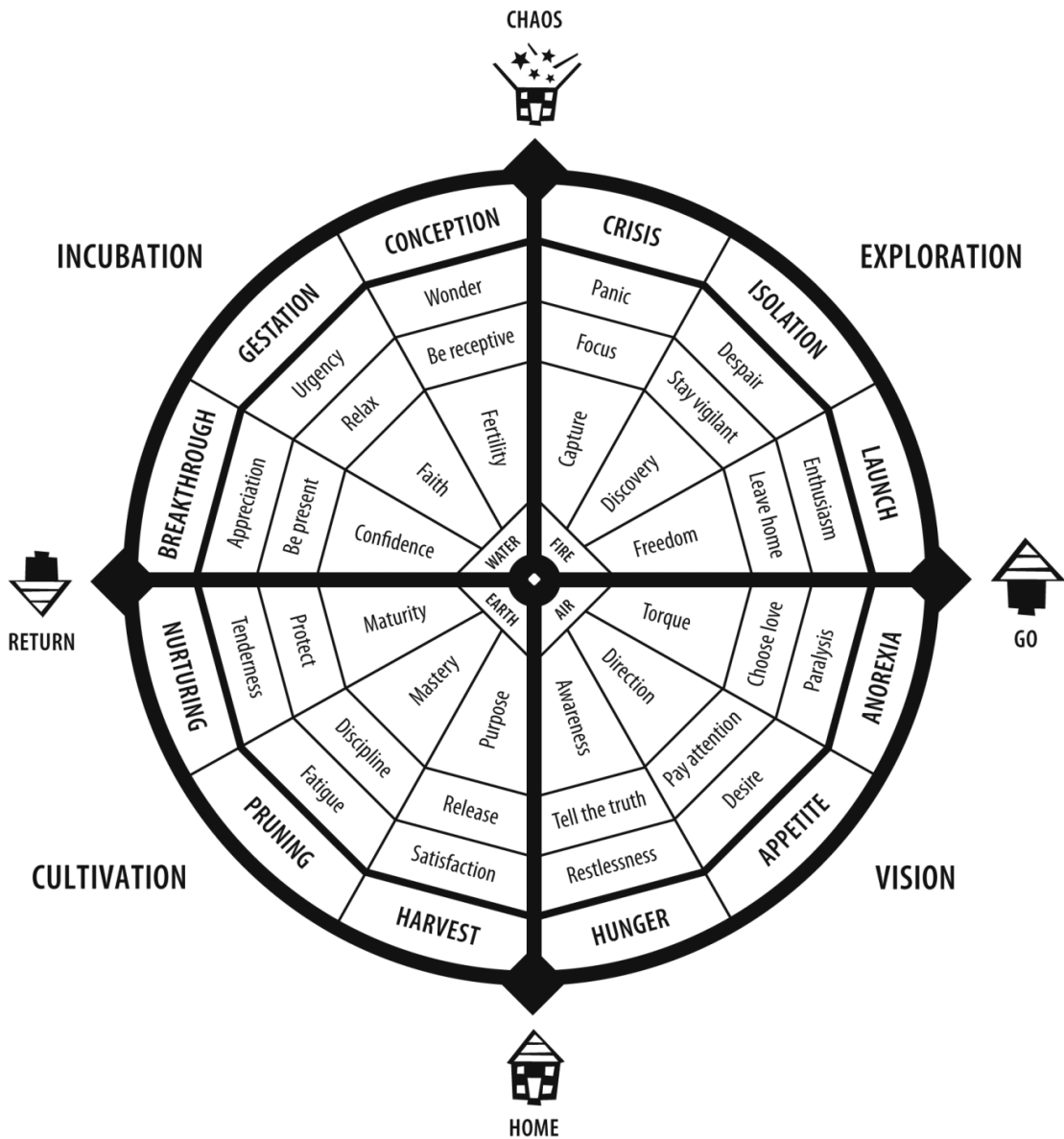
Every station moves you from the outside of the Wheel—the spin of your circumstances—to finally rest in the center – your “sweet spot” no matter what’s going on around you.

Take a moment now to trace your way around the Wheel, noting the three stations in each quarter and the experience, task and reward in each.

The Two Principles. The creative process includes two key principles: Active and Receptive. You could think of these as Left brain and Right brain. Doing and Being. Transactional and Transformational. We all lead with one, and the one we neglect becomes our weakness.

Vision and Incubation are receptive quarters. Exploration and Cultivation are active. Whether you're a “left-brainer” stuck in the day-to-day operations of your business or a “right-brainer” stuck generating ideas that never convert to profits, it's easier to just keep doing what you know how to do. But both are required. You have to leave your comfort zone and build strength in your weaker side before you can truly become successful.

The Wheel of Creativity®



The Wheel of Creativity™ QuickStart

STEP 3. Find your “You Are Here.”

To use a roadmap you must establish where you are on it. So let’s pinpoint your position.

Your Experience. Each station has a unique experience. The quickest way to find out where you are in the Wheel is to simply identify what you are experiencing now. Have a look at the Wheel, and choose the three Experience words that jump out at you. List them here:

Now rank your words, one to three. And describe why your #1 word fits for you now.

Sometimes more than one experience fits. If you’re struggling to find your place, let’s take another way around and narrow it down step by step.

Your Creative Principle. Which principle are you operating in—active or receptive? Do you spend more time doing or being? When you feel off-balance, do you typically need to take hold or let go? Active Creatives are usually happier in quarters 2 and 4, while Receptive Creatives are more comfortable in quarters 1 and 3. Which fits for you? If you’re not sure, ask someone close to you for their opinion. Narrow your position down to two quarters.

Your Quarter. Now ask yourself which of those two quarters you spending more time in. If you’re more into doing, is it in Exploration or Cultivation? If you’re more contemplative, is it in Vision or Incubation? Keep in mind that each quarter relates to an aspect of the creative process; Vision relates to thought; Exploration is intuition; Incubation focuses on your feelings; and Cultivation takes you into your physical senses and actions. Each is a different part of the process. Choose one. And describe why you’ve chosen it.

Your Station (Today). In the quarter you’ve chosen, which station best describes your current experience in your chosen life area? Which Experience rings true for you now? Don’t overthink this. Go with your gut.

The Wheel of Creativity™ QuickStart

STEP 4. Build your bridge.

Now that you've identified your "here" – the station you're in today in this area of your life – turn back to page three. Review and, if needed, revise your answers to these questions:

How do you want it to be?

What do you want to be / do / have / give in this area of your life?

With the gap now clear between where you are and what could be, it's time to build your bridge. You know already that this exercise will only work if you take action. So what are three simple steps you can take to begin your journey? Commit to them now.

I COMMIT

I commit myself to take these steps...

Within the next 24 hours _____

Within the next 3 days _____

Within 1 week _____

Signed by you

Date

Congratulations! You're on your way. But don't forget - this is a process. And the process of changing what's out there in your life changes you.

Getting from where you are to where you want to be takes you all the way around the Wheel again and again. Every area of your life or business has a creative cycle, which can take minutes or years. Refer back to the Wheel, go through this exercise anytime you realize that something's missing. With the insights you gain, I can help you personalize these universal concepts into a program that's unique to you. Contact me.

"A dream doesn't become reality through magic;
it takes sweat, determination and hard work."

- Colin Powell