You Remind Me of Someone . . .

*Who do you know (adults or students) who really exemplify some of these dimensions?*

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| Creativity and Complexity: 10 dimensionsMihaly Csikszentmihalyi |
| Creative individuals have a great deal of energy but also are often quiet and at rest. They may work long hours with great intensity yet value time for rest, reflection, and rejuvenation. |  |
| Creative individuals tend to be smart yet naive and able to look with new eyes on the world around them. |  |
| Creative individuals are playful yet disciplined. |  |
| Creative individuals alternate between imagination and fantasy and a rooted sense of reality. It is this balance that allows their responses to be both original and appropriate. |  |
| Creative individuals seem able to express both introversion and extroversion as needed. |  |
| Highly creative individuals can be humble while simultaneously being proud of their accomplishments. |  |
| Creative individuals seem to be minimally affected by gender stereotyping, able to express both masculine and feminine dimensions of their personalities. |  |
| Creative individuals typically are seen as rebellious and independent, yet it is impossible to be an eminent creator without having internalized an existing domain. Therefore, creative people can be at once traditional and rebellious. |  |
| Creative individuals can be passionate about their work while maintaining objectivity in their judgments. |  |
| Creative individuals, because they are open, experience both suffering and enjoyment in connection with their creative activities. |  |