

THE CREATIVE PROCESS TYPES

MENTORING



PROCESS



GUIDE



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## THE CREATIVE PROCESS TYPES

# HOW TO USE THIS GUIDE

The quiz is meant to reflect how you approach creating things and what your purpose behind doing so is.

From there, you received your primary process type and you opened this guide:

- This guide provides you introductory information about your process type.
- Use this guide to reflect over what your creative process actually looks like and identify the pieces of your type that you resonate the most with. Take note of anything that really doesn't resonate for you.
- Reflect on how you view marketing + creativity in your business. Do you consider marketing a method of creativity? Do you feel like there are any gaps in your current strategies?

You will be receiving a creativity + marketing workbook in your email for your type that is designed to help you build a more compassionate creative process for your marketing, business, and projects.

Take what resonates, leave the rest.

## THE CREATIVE PROCESS TYPES

# PROFILE

If you embody the Mentoring Process, you may find yourself being described as passionate, mysterious, a deep thinker, introverted, but also incredibly loyal. Individuals with a Mentoring Process are able to use their mastery and invoke symbolism in their process-- underneath their exterior is a passion for their craft. When leaning into the types of fun, you don't mind facing some sort of struggle for the overall experience. You are always looking for traditionally overall fun experiences and experiences that will help build character.

Those with a strong Mentoring Process often find themselves partaking in symbolic, recapitulative, and mastery types of play. Symbolic play is using objects or actions to represent other objects or actions. Recapitulative play is about exploring rituals, fire, darkness, and the history of what you are doing. Mastery play is about control of the physical and affective ingredients of environments and playing with the elements of the Earth.



## THE CREATIVE PROCESS TYPES

# PROFILE

### DESCRIPTORS

Passionate Mysterious

Loyal Deep-Thinker

Introverted

### PLAY TYPES

Creative Fantasy

Object

### FUN TYPES

Free-Spirited Discovery

Surprise Creativity

Fantasy

### TYPE 1.5 FUN

fun most of the time

but at some juncture

will suck, overall a

good experience.

### TYPE 2 FUN

sucks the entire time

but you are willing to

weather it since it will

build character

## THE CREATIVE PROCESS TYPES

# DESCRIPTION

Creating for the Mentoring Process consists of curiosity, challenge, immersion, sensation, and flow. You are the type of person wanting to know what is in the box, what happens next, and what is around the corner. Challenges help you attain a sense of achievement. You are able to completely immerse yourself in other worlds. You find joy in the physical sensations, smell, touch, etc. You can lose yourself in activities that light you up.

Business for those with a Mentoring Process can be supportive since you love to be a master at your craft and running your own business allows you to become a master of whatever you want. You like the challenges that business brings forth and you may often find yourself totally enveloped by your business when it lights you up.

**NOTES:**

## THE CREATIVE PROCESS TYPES

# CONNECT WITH US

Thank you for downloading this guidebook and spending some time with your creative process and your strategy!

This workbook was a collaboration between myself, Meg Garcia-Jahrman, and Kendall Barger, my biz bestie + co-founder!

This resource has been a labor of love that has been over two years in the making.

You can contact me at [establisco@meganjgarcia.com](mailto:establisco@meganjgarcia.com)  
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Join our Mighty Network community for low energy creatives + entrepreneurs called The Low Energy Entrepreneur Community.

with love,

*meg + kendall*

