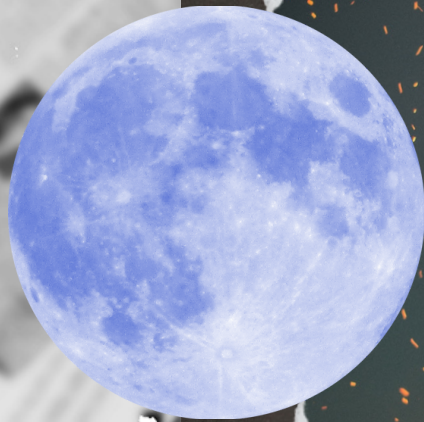


THE CREATIVE PROCESS TYPES

EXPLORATION



PROCESS



GUIDE



MEGANJGARCIA.COM



## 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 Exploration Creative Process you may find yourself being described as easy going, courageous, curious, youthful, and quick. When leaning into types of fun, you are willing to face challenges big or small to get to the end destination of fun. Super challenging activities are welcome since you know it will build character and you are able to feed your curiosity.

Those with a Exploration Process partake in imaginative, deep, locomotor, and exploratory types of play. Imaginative play is about indulging in a narrative where the conventional rules do not apply and anything goes. Deep play allows you to encounter risky experiences and face your fears, making you a better person for it. Locomotor play is cultivating movement for movements sake and allowing yourself to have fun through the movement of energy. Exploratory play helps you use the senses to explore and discover and move through deep play.





## THE CREATIVE PROCESS TYPES

# PROFILE

### DESCRIPTORS

Ease Swiftness

Courage Curiosity

Youthful

### PLAY TYPES

Imaginative Deep

Locomotor Play

Exploratory

### FUN TYPES

Free Spirited Exploration

Curiosity Problem-

Solving Competition

### 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 those with an Exploration Process is about curiosity, problem-solving, competition, and exploration. You are the type of person that deliberately looks around and finds ways to test the boundaries set up by our society. You are willing to put yourself out there in order to see what happens. You enjoy being in competition and testing your skills and solving issues that are outside of your normal realm. You want to know the current reality, the future, and the future's future if possible. Soaking up all of the information to help feed your curious desire and your need to problem solve helps you have fun.

Business for Exploration Processes is truly about the exploration of their imagination. You are master problem solvers and enjoy the journey as much as the destination. You aren't afraid to take a risk in business very similar to Innovation Processes. Friendly competition is a great motivator for you in business. You may find yourself bored in your business sometimes but boredom can be an invitation to explore deeper.

**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*

