

THE CREATIVE PROCESS TYPES

DREAMING



PROCESS



GUIDE



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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.

PROFILE

If you embody the Dreaming Process you may find yourself being described as kind, warm, light, diligent, and lively. Those with a strong Dreaming Process may be made up of multiple aspects that overall describe their process and business style.

When leaning into types of fun and creativity, you prefer activities that are fun the entire time. You just want them to keep going and never end. Fun for you is the fun in the traditional sense! This definitely applies to your creative process too! Individuals with a primary Dreaming Process often partake in creative, fantasy, and object types of play. Creative play is trying out new ideas and allowing your imagination to guide you through the process. Creating new things is one of your favorite joys in life. Fantasy play is allowing your imagination to run wild and you love daydreaming about scenarios that may never happen. Object play is partaking in skilled fun that assists in your creative process such as using a paintbrush, drawing, playing music, etc.



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PROFILE

DESCRIPTORS

Kind Warm Light

Diligent Lively

PLAY TYPES

Creative Fantasy

Object

TYPE I FUN

fun the whole time

and never sucks

FUN TYPES

Free Spirited

Discovery

Surprise Creativity

Fantasy

DESCRIPTION

Creating for the Dreaming Process consists of discovery, surprise, creativity, and fantasy. You are the type of person that loves to find new or interesting things. If you weren't searching for them, even better! You love the joy of the unexpected and can find warmth and light in most situations. Allowing yourself to build, invent, and create are all important to your process. Make-believe is easy for you, even as an adult!

Business for those with a primary Dreaming Process can be difficult sometimes because you have a lot of ideas and you truly feel the need to pursue them. This may make it seem like you don't have a niche but you don't need one. The warmth you exude when talking about things that drive your creativity will help you in your business and marketing.

NOTES:

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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
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You can find Kendall on Instagram at [@antiperfectkendall](https://www.instagram.com/antiperfectkendall)

Join our Mighty Network community for low energy creatives + entrepreneurs called The Low Energy Entrepreneur Community.

with love,

meg + kendall

