

Discover Your
**ZONES OF
CREATIVE POWER**



THE SALTEE ACADEMY
for Complex Creators



Don't push your weaknesses,
play with your strengths.

- Jennifer Lopez

A new way of thinking about creativity

Moving beyond binaries

Over a decade ago I started on a quest to develop a tool that could help my clients (and me!) map our creative strengths and make sense of our multiple passions and interests.

As a creativity coach and researcher, I was seeing how damaging it is when we are stuck in old, binary thinking about creativity. Conceptualizing ourselves as either creative or not creative - or struggling to "get more creative" through various hacks and tricks - are dead ends that keep us from recognizing our real gifts and expressing our full humanity.

As I got deeper and deeper into my task of defining multiple creativities, I began to realize that I was wanting to do for creativity what Harvard researcher Howard Gardner did back in the 1980's when he challenged the then conventional wisdom that people were either intelligent or unintelligent, smart or dumb.

Gardner's work on Multiple Intelligences identified a set of nine distinct intelligences and suddenly - huzzah! - educators, parents, and employers could stop asking the terrible old questions "are you smart?" or "how smart are you?" and start asking the much more helpful and encouraging question, "**How are you smart?**"

My work has been to create a framework that would help us answer the fascinating new question: "**How are you creative?**"

I believe that understanding who we are as creators - our preferences, strengths, and challenges - is essential to our success and our sanity at this time in history. In our post-industrial, increasingly project-based economy, more and more of us are doing work that requires our caring, curiosity, and creativity. And, the pandemic experience taught many of us just how critical our capacity for creative response is when times get tough. Knowing what kind of creator you are enables you to play to your strengths, respond to change and challenge, and cultivate the work and life you'll find most joyful and satisfying.



Sara Saltee
Founder, Saltee Academy
for Complex Creators and
Author of the Creative
Constellations Framework

***In these times,
understanding
who you are
as a creator is
essential to
your success
and your
sanity.***

The multiple creativities framework we've been missing

The Multiple Creativities Framework We've Been Missing

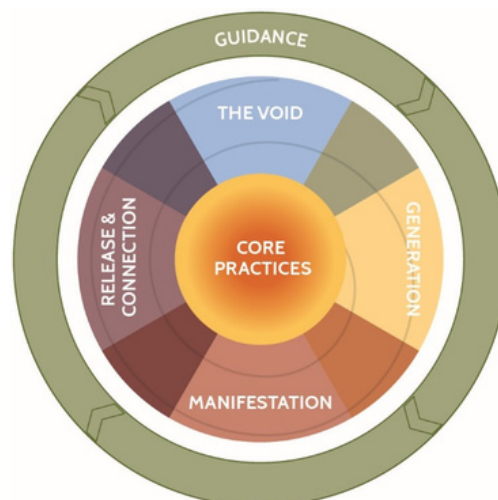
My quest to develop a tool that could help us answer the provocative new question, "**how are you creative?**" has culminated in what I call the Creative Constellations Framework. This model and set of tools is grounded in a three big ideas:

- first, that creativity is not a talent or trait, but a cyclical process,
- second, that creativity shows up in many different ways (I've counted 25!) and
- third, that it is the particular combination of ways we are creative (not whether or not we are creative) that defines our unique genius.

This ebook focuses on the first layer of that framework - the Zones of Creative Power. In the coming pages, we'll walk through five spaces within the cycle of creating-- areas I call the "Zones of Creative Power." Each of these power zones calls for distinct sets of creative energies and skills.

- Maybe you are great at coming up with ideas, but not as good at seeing them through?
- or maybe you are great at making things but feel like an alien when you try to bring them to other people's attention?
- or maybe you are amazing at guiding others through the creative challenges of growing and learning, but tend to forget to connect with your own inner creative resources?

Let's see which zones are your areas of greatest creative strength!



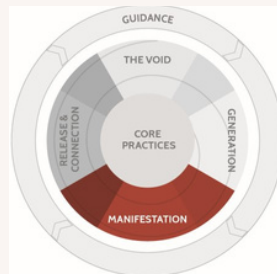
Five broad groups of creators

GENERATORS



Generators incubate and bring forth new ideas, images, and expressions.

MANIFESTORS



Manifestors bring new ideas and visions into form.

CONNECTORS



Connectors evaluate and interpret new cultural forms and release them into the cultural bloodstream.

GUIDES



Guides express creativity by supporting the health, growth, and expansion of others.

ESSENTIALISTS



Essentialists specialize in expressing one or more of the seven core practices of creating.

What about the Void?

You may notice that there is no sixth Zone of Creative Power in the Void space.

This does NOT mean that the Void is separate from the creating process. In fact, how we relate to the Void turns out to be a critical factor in shaping our experience and abilities as creators.

We might think of the Void space as the mysterious, unknowable source of all things.

Two quick notes

1

There is no "right number" of creative power zones to have!

As you explore your spaces of greatest strength within the creating cycle, you might find you identify strongly with one power zone, or you may find that you have strengths in multiple areas - any number is fine!

Some of us are creative generalists (what we might call "full cycle creators") and others of us function best as specialists in one or two facets of the creative process.

2

None of us creates in isolation!

It takes all kinds of creators to bring big new things into the world. Even the most solitary-seeming creator relies on the strengths of other creators to encourage them and help them fully realize their visions.

So, as you study your zones of creative power, I urge you to keep in mind that it takes all of us, working together in complex bonds of interdependence, to move the world forward.

Your map of your creative strengths is therefore **not** a map of where you "succeed" or "fail" as a creator - it is a map of where you most naturally thrive and where you most need co-creators who - thank goodness! - thrive on other parts of the cycle.

**Enough faffing about!
It's time to see what kind(s) of creator you are!**

Are you a GENERATOR?

GENERATORS DWELL IN POSSIBILITY



In the space of **Generation**, new ideas are incubated and born.

Generation is a place of open-ended explorations where new potentials are tried and tested. All things are possible here as existing reality is viewed with fresh eyes and new possibilities come into focus.



Strong Generators Share...

- An unconventional way of seeing the world.
- The ability to recognize or imagine potentials and possibilities that don't yet exist.
- A tendency to experience a racing brain and surges of creative energy.
- High need for free time and open space to allow daydreaming and noodling around.
- High tolerance for ambiguity; a willingness to sit with unanswered questions without rushing to solve them.
- Easily bored in the absence of interesting problems to consider; a low tolerance for repetitive activities.

Are you a MANIFESTOR?

MANIFESTORS DWELL IN ACTION



In the space of manifestation, new ideas and visions are brought into form through step-by-step action.

The focus here is on bringing a vision into reality. Manifestation is full of the hands-on, messy, experimental, problem-ridden work it takes to translate an imagined possibility into material form.

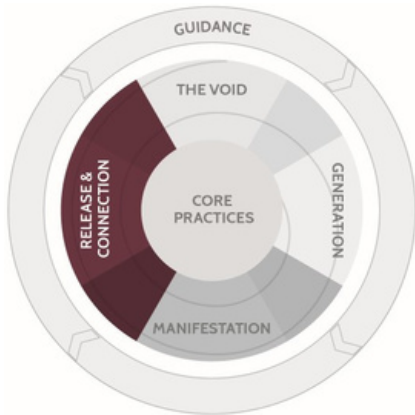


Strong Manifestors Share...

- A bias toward doing; impatience with excessive rumination and an eagerness to 'get the show on the road.'
- Capacity for focus and perseverance; sustained, measured energies.
- Respect for the 'on the ground' wisdom of people who know how to get things done.
- Discomfort with 'just being' and a strong aversion to undirected activity.
- Enjoyment of the continual problem-solving required for execution.
- An orientation to the rigor and ingenuity of craft.

Are you a CONNECTOR?

CONNECTORS DWELL IN RELATIONSHIP



in the space of Release and Connection, creative products move into conversation with the broader world.

This is a space of discernment, as new things are evaluated, juxtaposed with other cultural forms, and brought to life through interactions with users and audiences.

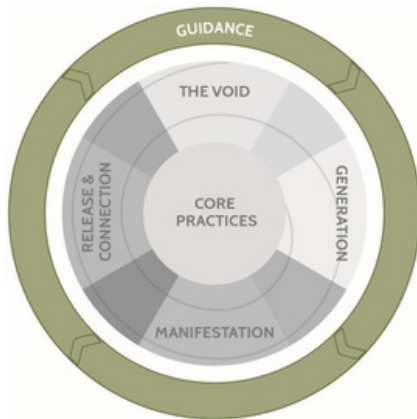


Strong Connectors Share...

- Love for cultivating connections and fresh juxtapositions - whether between people, ideas, objects, or a mix of all three.
- A tendency to thrive in conditions of mutuality, interplay, and variety.
- Passion for interacting with new or exemplary creative products or cultural forms.
- Enthusiasm for creating bridges between wonderful things, people, or ideas and the people who will love and appreciate them.
- A discerning eye for value and excellence.
- A strong aversion for things that function poorly, cause damage, degrade the human spirit, or undermine truth, beauty, or justice.

Are you a GUIDE?

GUIDES DWELL IN NURTURANCE, GROWTH, AND EXPANSION



in the Guidance space, creativity is expressed through activities and encounters that help others move healthfully and effectively around the cycle of creating.

Guidance is the space of tending and supporting individuals or groups as they heal, grow, or evolve new capabilities and understandings.



Strong Guides Share...

- A desire to raise others 'up the spiral' to higher levels of performance and expanded realization of their potentials.
- Tolerance for incremental, often intangible work.
- A knack for weaving narratives that help people make sense of their experience and find meaningful directions forward.
- An holistic perspective on the natural cycles of birth, growth, death, and regeneration.
- The capacity to hold a vision of potential, even when others can't see it yet.
- An ability to hold space for the difficult processes of letting go, holding hope, learning, and allowing life to unfold.

Are you an ESSENTIALIST?

ESSENTIALISTS DWELL AT THE HEART OF THINGS



In the Core Practices space we find a set of seven practices which spark and sustain our creative engagement with life.

Essentialists create in ways that directly express the core practices: love, trust, presence, practice, audacity, inquiry, and play. While all creators return to this molten core of the creative process when we get confused or afraid, Essentialists' central purpose is to embody one or more of these practices.



Strong Essentialists Share...

- A drive to know the world intimately and fully, digging beneath ordinary, everyday ways of perceiving the world.
- A craving for the freedom to experience deeply immersive experiences.
- A drive to understand fundamental truths about reality.
- A desire to personally explore and appreciate all dimensions of the world
- Exceptional access to experiences of wonder, awe, and delight.
- Frustration with the priorities and assumptions of productivity cultures and a desire to transcend the preoccupations of the marketplace.

Discovering your zones of creative power is just the beginning!



I can't recommend Sara Saltee's Creative Constellations program enough. It's like 'what color is your parachute' plus 'Myers Briggs' but way better.

- Karin B.

Excited to dive deeper into how you are creative?

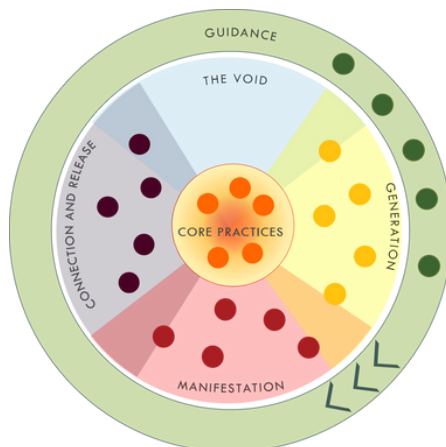
Check out the [Creative Constellations Program](#), a self-discovery and wayfinding course for complex creators.

The Creative Constellations program introduces you to 5 different subtypes within each of the Zones of Creative Power - that's 25 distinct creativities to play with!

You'll identify the array of creativities you most naturally express, explore how they harmonize together and discover that your creative constellations actually function beautifully as a guidance system to help you steer toward the work and life you'll find most joyful and satisfying.

This finely-tuned understanding of your creative identity allows you to claim the intricate wholeness of who you are as a creator and connect with the unique potentials of your multifaceted genius.

Creative Constellations work is also great for groups and teams! [Contact Sara Saltee](#) to learn more.



www.salteeacademy.com/creativeconstellations



© Copyright. The Saltee Academy for Complex Creators. 2023. All rights reserved.

This publication is protected by copyright, and permission must be obtained from the Saltee Academy for Complex Creators prior to any reproduction or distribution of the text or images in this ebook.

contact: sara@salteeacademy.com

www.salteeacademy.com