



Applying The Creative Process in the Production of Art & Creative Writing

CHAPTER 1: THE CREATIVE MIND

Introduction 1

- 1.1 Defining The Creative Mind 2
- 1.2 The Gift of Creativity 3
- 1.3 Creativity in Art and Creative Writing 3

CHAPTER 2: THE CREATIVE PROCESS

- 2.1 Defining The Creative Process 1
- 2.2 Differences between The Creative Process and Creative Mind 2
- 2.3 The Importance of the Creative Process 2
- 2.4 Benefits of Applying The Creative Process 3

CHAPTER 3: THE CREATIVE PROCESS PRODUCTION PHASE

- 3.1 Creative Process Production Stage 1
- 3.2 Evaluating Your Art Work 1
- 3.2.1 Evaluating Your Artistic Ideas 2
- 3.3 Evaluating Your Creative Writing Ideas 4
- 3.3.1 Other Self-Assessment Creative Writing Techniques 6
- 3.4 Elaborating on Your Ideas for Art & Creative Writing 6

Conclusion 7

References 7

CHAPTER 1: THE CREATIVE MIND

"You conceive your world in your mind and create it with your hands."

--Chris Widener

Introduction

The Creative Process is a method applied from the creative mind to form any product of creativity to bring some kind of meaning with a purpose to raise awareness or express thoughts and emotions. This is a process that can be used by an artist or writer at any level. However, artists and writers at basic levels either have difficulty discovering their ideas or feel they have enough ideas, but have difficulty connecting them and putting them to work.

Whether you desire to write or illustrate something from your own expression, the creative process is the vehicle that will carry out your ideas in a way that can inspire your audience in addition to getting your point of view across. It is like a systematic journal that comes from the creative mind. It is one thing to interpret your illusions, passion, experiences, thoughts, and ideas, but it is another to organize them and make them work together to provide a meaning to your creative output.

If you are interested in pursuing a career in art and creative writing and you are already at the beginning of the learning stage, this is an important strategy to consider as you advance your creative skills along the way.

1.1 Defining The Creative Mind

Everyone has their own way of looking at the world around them depending on what their life experiences and values are. Christensen (2013) states, "A creative mind is one that sees information particularly from the world around it and relates it to their experience and existing knowledge in order to create." For example, someone who sees nature as something loving or peaceful can find various ways of showing that interpretation to people. That person can either draw a picture of trees, leaves, birds, and draw a big heart as a frame around the whole picture or write a poem that metaphorically relates the people and objects seen in a park or a garden as a feeling of peace. See examples below.



When the early morning is born with heavenly blessed
When the bright sun rays shower through the misty clouds
When the birds choir being to chirp their songs on the trees
then the day being with a wonderful of nature.
I can feel the Mother Nature touches me with her love
I can feel the nature illuminates my heart and brighten my soul
I can see the green grass in summer-spread lovely
I can see the flowers in the spring bloomed lavishly
I can see the leaves falls in the autumn covered earth greatly
I can see the trees full of snow in the winter sprinkled
I can see the stream water gurgles from the mountain
I can see the fauna in the jungles freely set to live happily
I can see the barren lands wet and fertile
Not only they are beautiful in nature
but they serve a purpose for us

The above images shown are examples of how someone views nature as something loving or peaceful and it is expressed through *creativity*. We all can be creative in our own way because we all have a way of interpreting what we see in from our feelings and thoughts stored in our creative minds. In addition, a creative mind is developed from building a mental picture by practicing methods of creativity such as:

- •Reading inspiring novels
- •Looking at drawings or paintings from artists
- •Watching films of interest
- Visiting places such as parks or museums

What are your experiences? What are your thoughts? How do you feel about them? How can you make people understand why you feel the way you do when you hear or see something? Your creative mind reflects all those elements and leads you to find ways to express yourself especially through activities that involve much creativity such as art and creative writing.

1.2 The Gift of Creativity

Before diving into the creative process, it is best to understand the roots of creativity, which is the fuel to move through the creative process. *Creativity* as we see, is the ability to take something and make it into an imaginary idea. It can be something we hear or see. Creativity is the output from the creative mind that becomes structured on a variety of platforms that allow creativity by using the tools provided. Two areas in the world today where creativity is much focused on is *Art* and *Creative Writing*.

1.3 Creativity in Art and Creative Writing

Art is a product of creativity. It is used differently depending on the type of medium it is channeled through. Art is a skill that is applied through a variety of visual art forms such as paintings, drawings, sculpture, and multimedia such as digital art, presentation, films, and videos. The practice applying art is defined as being artistic. You can think of art as a container that holds able to use creativity the colors, objects, meanings, patterns, feelings, perceptions, etc. They are the mirrors of your creative mind. It is up to you to look at them and use your creativity to find a solution and combine those elements in a structured way. Ask yourself, what do you want your viewers or the audience to get out of this piece? There needs to be a relationship with what you envisioned. What creativity can do is help you form that vision and portray it into reality.

Creative Writing is also a product of creativity. With creative writing, the expressions are written from the reflection of your creative mind. There are various forms of creative writing such as poetry, novels, fictions, short stories, movie scripts, plays, and songs. Those words describe how you interpret what you hear and see.

The process of creative writing has been used to write poetry, literature, fiction, and screen plays. It also entails having an artistic expression as some people apply in art. As opposed to art, there are no visual elements required for creative writing as used when drawing, illustrating images through digital art, or painting. However, it can be an alternative when giving more meaning to words expressed. You see this in images that contain poetry. There are many books of

literature that combine creative writing with images as well. See images below.



While the creative mind is your place of creativity, you need a solution to bring those reflections into surface. This is done by using the creative process.

CHAPTER 2: THE CREATIVE PROCESS

2.1 Defining The Creative Process

The *creative process* works by connecting your ideas and making relationships between those ideas. Ideas are meant to combine old and new elements. While the creative mind is the surface for those ideas and thoughts, you will need to have a system where they can flow in an organized structure. Let's put it this way, you can't build the roof before building a whole house. In art and creative writing, the creative proves is needed to make those ideas come together in order to effectively communicate with an audience. It is intended to make your audience see the interpretation you build through your craft. In the first chapter, you learned about the abilities you develop from the creative mind. You also learned how it forms into creativity when you interpret and have a meaning from all the imagination developed from your creative mind. Now it is time to make your creativity come to life by following and adapting to the creative process.

According to Taylor (2018), there are five steps to the creative process which does the best in connecting your ideas:

1	Preparation: This is the first stage in developing an idea from inspiration. Absorb information in areas that relate to your interest. For example, if you want to paint or draw an object, or engage in any type of creative writing, look at another artist's work or a piece of writing from an author.
2	Incubation: Once you gather information at the preparation stage, it begins to float in your subconscious mind. Therefore, you need to step away from it so the ideas can naturally come to you. This leads to third stage, the insight stage.
3	Insight: This is the smallest, but important stage of the process because it is where your ideas come to surface. This naturally occurs during incubation when you do light activities such as walking, reading a magazine or a book, or cleaning your room. The ideas that pop up in your mind are main ideas and are known as the "Aha" moment. Other new and relevant ideas continue to generate in your mind.
4	Evaluation: This is the fourth stage where the creative process becomes very critical. Before making your final decision, you need to analyze where your weak points are throughout the process. Better yet, you can get feedback from people to see if your ideas will work.
5	Elaboration: Here you are at the final stage and it is time to get busy! Whether you are producing a creative writing piece or any art piece, start working your ideas and make connections.

2.2 Differences between The Creative Process and Creative Mind

Even if you know the creative process exists, you still wonder why would it exist if you are creative enough. Work that involves creativity is like putting a puzzle together. You are not only being creative, but you are finding a solution to a problem. The problems you are trying to solve in art and creative writing is letting your audience see how you take your ideas and connect them to form a meaning of something in a metaphoric way. Many people who have a dream of being artists or writers do not feel they have enough creativity to engage in any production. Even if it is something they want to do as a hobby, they do not feel anyone will be interested or be inspired by their output.

The truth is they do not realize they have a creative mind. What they see in the world around them is a product of ideas itself. It is something that grows within them the same way it is something that grows within you. You just have to put those ideas to integrate and work. Surely, creativity has its level of expertise overtime which is why the work of many artists and writers are highly recognized by society. The creative process is what connects all the visualization and ideas of the creative mind. Therefore, the creative process and the creative mind must integrate to form a concept thought they play different roles.

2.3 The Importance of the Creative Process

As many ideas you may have in your creative mind, they won't have any value to your creative output without the creative process simply because it explores the capability of all your ideas even from the smallest. The point is you just can't have them floating in your creative mind; do something about them. Carver states:

The creative process invites everyone to be creative. Art is not just for "creative-types" and even if you don't think you are artistically inclined, you'll be surprised at your capacity to create great work. If you haven't created anything lately, keep it simple and fun. Write your next poem, or draw your next picture without judgment or fear and see what happens. (2016)

Carver emphasizes in her article "Why It's Important to be Creative-Be More with Less," that the creative process is an important tool in carrying out creativity because it helps you become a better problem solver in any type of work you engage in, especially art and creative writing. People may have difficulty using their creativity because of the fear to be wrong or just simply not doing a good job. Then there are others who feel the creativity from their creative minds is enough to produce quality work. This can very well be because they do not know about the creative process, which is a tool that allows the creative mind to create something from endless possibilities. For instance, Carver did not have the right paint brushes to paint a picture of her dog, but she used her creative mind to discover the capabilities other tools had to somehow create a picture of her

dog, which included her screw driver and q tips. See Carver's creative output of her painting below:



In chapter 1, the drawing of the bird or the tree may or may not have been drawn using the drawing tools used by professional artists, but do you think the audience would care after the final output? Now someone with a long career as an artist may have more experience in using advanced drawing tools to draw a better image of a bird or tree, just like an artist would have the right paint brushes to paint a picture of Carver's dog. However, such an artist would not reach higher levels of production without understanding the creative process, which is where it all starts. Carver's quote from her article and painting clearly defines how the creative mind and the creative process strategically work together to produce any creative output.

2.4 Benefits of Applying The Creative Process

The reason why the creative process is so beneficial is because it helps you overcome your fear of not doing the best creative work or as good as you expect to be. If you refer back to the *five stages of the creative process*, you will realize that most of time you are just connecting ideas by combining old and new elements. You will be analyzing the creative capabilities for each idea that exists in your creative mind, as Carver did with the painting of her dog. You will see that the first step, is not necessarily to think of the most creative work you can put out there.

As a beginner, the most important thing is to make the audience understand what mental picture you are trying to convey to them. Once that is

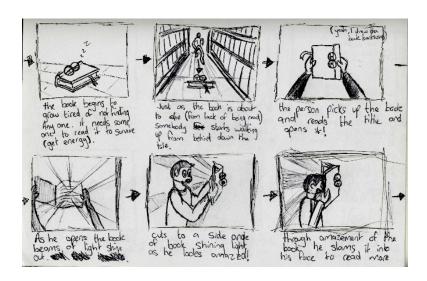
accomplished, you will be ready to expand the use of the creative process, which is what leads to the practice of producing quality work of creativity in art and creative writing. Flores states:

Write something, *anything*! If it's bad, you can delete and start over. The practice and act of writing, no matter how good or bad, will always help you improve because writing is like any physical workout. You can't lift the big weights if you don't start with the small weights, and you won't be very good at lifting any weights if you don't keep at it. (2016)

The above quote came from the article, "How to Overcome Creative Anxiety and Write Without Fear." Flores makes readers aware of the issues people experience with creative writing due to fear of failure, which is the same issue analyzed by Carver in her article. The small weights he describes comes from the benefits of using the creative process. People can get into the habit of falling into the big picture when they are at the beginning of the writing stage. They can overcome them that by applying the stages of creative process.

For example, if you are writing a fiction novel, you can draw scenes and write what each one means to you. The scenes can be drawn from a situation you or someone else faced and you decide how that situation could be different if something unrealistic happened. This is a creative method known as storyboarding and it is very useful in the creative process for creative writing.

Storyboarding is a way for you to organize illustrations and visualizations in sequential order before working on the production phase of storytelling, which is not limited to writing novels. See image below as an example of someone who drew and wrote a fiction story of a man who in reality was probably curious about reading a book, but changed his mind and didn't want to read it. It could even be that the person who did the actual drawing, is interpreting his situation in an unrealistic and imaginative way that has an outcome.



This person who created the storyboard imagined if the book had fictional characteristics such as having eyes to see. The elements of the eyes, the book, and the light came from that person's creative mind and applied it to the creative process. Then all of a sudden it becomes a fictional character in the story and it was used to develop a relationship with another character, which was the man the person drew. If you also look at the writing, notice how the person who created the storyboard decided to write freely while noticing the errors, and just continued to write. As the author Flores explained, you cannot find all the endless creative possibilities without making use of the creative process.

CHAPTER 3: THE CREATIVE PROCESS PRODUCTION PHASE

3.1 Creative Process Production Stage

In the first two chapters, you learned how the creative process is generally used in art and creative writing. However, depending on the type of craft you create, each subject has other techniques to be applied within the production phase of the creative process. In this chapter, you are going to look at how the creative process works in the production phase, which occurs mostly during the final stages of evaluation and elaboration. The production of the creative process is what examines how well you used the previous steps of preparation, insight, and incubation. Keep in mind, there is no wrong or right answer. It's just how you synthesize your ideas from the creative mind. This is where you start to see yourself constructively as a writer or an artist.

It is important to know that even at the final stage, possibilities are endless. You will discover that there are ways you could have been more creative. This all done through self-assessment. Self-assessment is your own analysis of the strengths of your work and skills. It determines where you are now at the learning stage.

In the final production phase in both areas of art and creative writing, you will explore into your ideas. It is the moment where you find out if your ideas really work. If you know they will work, then you start making the connection before finalizing the craft for your final output. The challenge to this phase is everyone will have different opinions. Therefore, there is a balance between you, your viewers, and your readers to see if the result of your creativity will leave a lasting impression.

3.2 Evaluating Your Art Work

In art, the quality your final output all depends on what your goal is. It may be something subjective or objective. If the product is based on your personal point of views, you may evaluate your ideas from your own preferences of style, expression, form, and design. Discover the reason why you decided to create your piece and what your real intentions are. Does your art work convey a message that matches all your ideas? If not, what could you have done better? Think of the factors that contribute to your idea. There is a reason behind everything you do.

Remember, the preparation stage in the creative process. Analyze how your inspiration drew you in to develop your own perspective. Is there an artist that inspired you in terms of style, form, design, and expression? One thing you must remember from chapter 2 is that having a good artistic evaluation also

comes from overcoming your fear of being wrong because your ideas from the creative mind are capable to solve a problem. Using tools that can help make connections with those ideas makes you creative.

3.2.1 Evaluating Your Artistic Ideas

When it comes to ideas in the creative process for art, you look at your experiences, inspiration, solutions, capabilities, and possibilities. Then you look at art tools to make those ideas cohesive such as paint brushes, spray paints, drawing tools such as pencils, markers, and other chemical substances and hardware such as oils and carving tools. In addition, there is graphic design software that has digital art tools for you to decide what works best with your ideas.

The type of artistic elements you can use are color contrast and unity, layout, design, use of words or word art that can enhance the meaning of your art work, form, texture, line, space, and value. Form in art is three dimensional objects that are drawn like 3D dimensional shapes. Space is the distance between, within, or around designed objects. The areas in space are found in the background, foreground, or in the middle of an image.

Space is limited to height and width. It can be two or three dimensional, or it can be flat. They are two types of space in art: positive and negative. Negative Space is the space surrounding an object which emphasizes the importance of that design or object. Positive Space is the space in your art work that is described as subjects of interest such as object shapes. Negative Space surrounds Positive Space. Layout is the arrangement and structure of designed elements. Texture is the physical surface of art. It contains a touchable feeling that enhances the quality of the design. It can also be viewed as a two or three dimensional surface. Line is the most basic and most important element because it is what makes the other elements noticeable. It also provides a direction of how objects should be positioned between or across from each other like forming a composition. Value is the light and darkness of colors.

3.2.2 Evaluating Ideas From Inspiration

During the Pop Art movement, which was an artistic style of popular culture, some artists developed their ideas from the images they saw in mass media such as television and newspapers. Artists at that time adapted the reality they saw by using design elements of Pop Art. Robert Rauschenberg was one of those artists during the Pop Art period.



From looking at this image, Rauschenberg was inspired by the elements of Pop Art such as color, form, and space to paint a mental picture that was a result from the reflection of his creative mind. So many artists today can learn and have learned from this idea. However, not every artist will agree to this type of visual interpretation of mass media. It doesn't make this image right or wrong, but the point is this work of art has a clear message that communicates with the thoughts of viewers. What you can draw from this image is that this artist analyzed the factors of his idea before making it known to people worldwide.

As you can see from Rauschenberg's image, the artist made the right connections with his ideas to convey the message to the audience. There are various ways to evaluate your ideas before further working on them, which leads to the elaboration stage, the final stage of the creative process. You can create an evaluation check list, a chart, or even use a journal to describe what looks acceptable and what needs to be worked on. Here are images of some types of personal evaluation tools that may work for you:





You can just simply write a brief summary of your evaluation or create a worksheet to keep track of your progress. Example of some questions you should ask yourself are:

- •What are the elements I used for my art work?
- •Which elements I liked the most and the least ones I liked?
- •What are the ideas I was inspired by?
- •What was the theme of my art work and why?

- •What are the factors I need to improve on?
- •How do I define the positive and negative space on my art work?
- •Do I use a good balance of emphasis between the positive and negative space?
- •What can I do to improve on my art work?

Last, but not least, a peer review of your ideas is needed to have a better outlook on how your art work can have an impact on the audience. Better yet, get feedback from a professional and experienced artist you know.

This is a practice that has been passed on many artists in the past to modern artists today. The audience does not have to agree with the concept the artist produced, but it works as long as there is a meaning people can make their judgement on.

3.3 Evaluating Your Creative Writing Ideas

When you are writing a poem, a song, or fiction stories, you look at soft ideas that involve your experiences, thoughts, and inspiration as well. However, the evaluation techniques are different although you take almost the same steps as evaluating your art work. The other ideas you consider are how you will publish your writing such as the use of computer software tools. You can also use the same tools to perform self-evaluation as in art such as a journal and a self-evaluation check list. To practice evaluating your ideas, you can read an author's fiction novel or poem and analyze the strengths and weaknesses it has. Ideas that can also be evaluated are reviewing the use of creative writing elements. For example, Patel (2018) lists the following elements used in fiction writing:

Character - All stories must have characters and a main character. You can't tell a story without characters.

Plot - This is an element that tells the story. It all depends on the type of thoughts and emotions you want to convey. It can range from sad to happy plots. There must be conflicts to make a story interesting enough to read.

Setting - This is the location in which you set the story.

Theme - This describes the type of conflict your story has such as crime, romance, politics, or fantasy.

Style and Grammar - This involves the correct use of words such as subjects, verbs, nouns, punctuation, and phrases within a sentence

During your creative writing self-evaluation, you must proofread your writing. If you can give it to someone else who you know can review your writing, then do so. You want to ensure that readers understand your language, no matter how good your story is. Questions you can ask yourself during the self-evaluation stage of your fiction writing are:

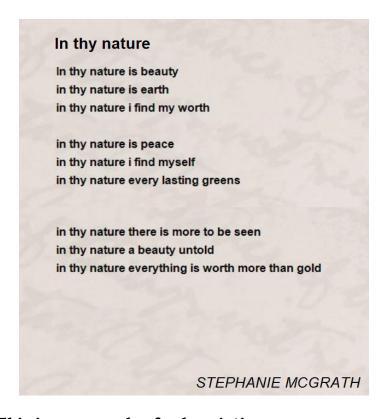
- •What are the elements I used for my writing?
- •Which elements I liked the most and the least ones I liked?
- •What ideas or who was I inspired by?
- •What are the most important and least important characters I used?
- •What part of the writing will interest people the most and why?
- •*Is the Title cohesive with the story?*
- •Does the writing style fit the context of my story and theme?
- •Where in the story is more elaboration needed?
- •*How is the story organized?*
- How does the story relate to the audience's interest?

Poetry also has creative writing elements that you should analyze in finalizing your ideas for the elaboration stage. There are many different types of poetry and you should know the type of poetry you are writing. Here are some elements of poetry you can use as a self-reflection guide:

Stanzas – This is the number of lines grouped together and the number of empty lines that separate them. Couplets are two lines, tercet is 3 lines, quatrain is 4 lines, cinquain is 5 lines, sexain is 6 lines, septet is 7 lines, and octave is 8 lines.

Form - Form in the context of poetry has rhyme schemes and metrical patterns. Types of poems that use form are Lyric Poetry, which is a poem that expresses thoughts and feelings, Narrative Poems that tell a story, and Descriptive Poems, which are more emotional than narrative poems because they describe the world that surrounds the author.

Sound Patterns - This is a combination of rhyme schemes, word sounds, rhythms, and sound play. They are usually used in describing nature in poetry. Types of sound devices used in poems are Alliteration, which is the repetition of the first constant sound in a word. Rhyme Schemes are patterns in which a poem rhymes along with the number of syllables.



This is an example of a descriptive poem that describes the nature surrounding the author. It is also a rhyme scheme that has words that rhyme.

Types of questions you can ask yourself in evaluating your poetic ideas are:

- •What are the elements I used to write my poem?
- •Which elements I liked the most and the least ones I liked?
- •What are the words that stand out the most?
- •What ideas or who was I inspired by?
- •Does the poem express my personal thoughts and emotions? (If personal poem)
- •Does my narrative poem meet the interest of a particular audience? (If poem is written for a specific audience)
- •Does the Title match the meaning of my poem?
- •Does the writing style fit the context of the poem?
- •Do the images I use around the poem or background provide a mental picture to support the meaning of my poem?
- •*How can I improve the weakest part of the poem?*

3.3.1 Other Self-Assessment Creative Writing Techniques

If you own a blog or know of a blog site, you can get feedback from your peers by posting samples of your writing on your blog. You can post a link to your story or poem and ask your peers what they think and what can be changed. Advise

them to leave comments or send a message regarding your work. This is an even better way to keep track of your progress. Examples of platforms you can use are Facebook, WordPess, and LinkedIn.

3.4 Elaborating on Your Ideas for Art & Creative Writing

Before working on your ideas, it is time to review your evaluation or self-assessment. You may come across ideas that didn't work for you and not considered by your peers. In this, you must do a process of elimination, and focus on the ideas that will work. Use your priority and manage time to work on the most important ideas and concepts first before working on the changes you need to make. You may come up with other ways to adjust those changes. According to newlink.com, Thomas Edison notes that creativity is 1% percent inspiration and 99% perspiration. (2017) This means it is much harder to turn an idea into a product than it is to come up with one. Due to this reason, elaboration is the most challenging phase of the creative process, but it proves why the creative process is essential for your creative output.

Conclusion

The more you use the creative process, the more you will succeed in your career of art and creative writing. It helps you discover your best ideas. Your creative mind is a resource of all your ideas Every writer or artist has his or her way of looking at the world and feel affected by it in positive or negative ways. Art and Creative Writing are areas that provide a platform to express those thoughts, feelings, and emotions, but you can't just take all your ideas and throwing into one place just to make your work look good. It is part of your artistic ability to organize and structure your ideas. Preparation, Incubation, and Insight are the stages that help to discover the ideas in your creative mind. Then at last, evaluation and elaboration process your best ideas for your final product, which sums up the reflections of your creative mind.

There is more to do after developing your skills and increasing your creative ability. Creating a portfolio is the next step. Use the methods you learn in the creative process to develop a good portfolio overtime. Your writing and art portfolio is also a reflection of your creativity and artistic ideas. Even with your portfolio, you may want to apply the creative process to discover your best strengths as a creative writer or an artist and make it known.

References

- Carver, C. (2016). Why It's Important to Be Creative-Be More with Less. *Be More with Less*. Received From https://bemorewithless.com/create/
- Christiansen, T. (2013). What it Means to have a Creative Mind. *Be the Most Creative Person in the Room.* Received From https://creativesomething.net/post/54095904832/what-it-means-to-have-a-creative-mind
- Clark, D. (Jan 2017). Creativity. *The Performance Juxtaposition*. Received From http://www.nwlink.com/~donclark/about/about.html#about_me
- Flores, J. (2016). How to Overcome Creative Anxiety and Write Without Fear. *Bustle.* Received From https://bemorewithless.com/create/
- Patel, I. (2018). Fiction Writing 101: The Elements of Stories. *Writers' Treasure*. Received From http://www.writerstreasure.com/fiction-writing-101/
- Taylor, J. (2018). The Five Stages of the Creative Process. *James Taylor*, Received From https://creativesomething.net/post/54095904832/what-it-means-to-have-a-creative-mind

Index

A
Art 3
C
creative mind 2
Creative Writing 3
E
Elaboration 1
Evaluation 1
F
Form in art 2
I om m art 2
Incubation 1 1
Insight 1

Layout 2
N N
Negative Space 2
P
Positive Space 2
Preparation 1
S
Space 2
Storyboarding 4
T
Texture 2
V
Value 2