MODULE OVERVIEW

Beyond the AI's first answer: Training everyday creativity

Adaptive module | ~20 min

The more AI advances, the more valuable human creativity becomes: the World Economic Forum ranks it the fourth most critical skill for 2030. This module treats it not as a gift reserved for a few, but as a skill that can be trained, drawing on neuroscience, daily practices, and AI use that enhances creativity instead of stifling it. While AI already outperforms the average person, the most creative people remain far ahead.

LEARNING OBJECTIVES

01 Understand that creativity is not a gift but a skill, supported by rest and mind-wandering.

02 Cultivate your creativity through daily practices: an idea notebook, unstructured time, morning pages, and directed curiosity.

03 Work with AI by thinking for yourself first, then using it as a spark, a critical mirror, or a combiner.

04 Overcome self-censorship (fear of judgment, perfectionism, the need for immediate usefulness) with many ideas, the "yes, and" approach, and an imperfect first draft.

WHO IT'S FOR

Anyone who wants to cultivate their creativity at work and grow it with AI, not only people in creative roles.

- **Prerequisite:** none

HOW THE MODULE WORKS

Self-paced, with practice tailored to each learner.

1. **Self-assessment**: on 9 dimensions, to gauge current habits and guide the practice.
2. **Expert video**: 10 minutes, with 3 pauses for reflection.
3. **Practice scenarios**: the first 2 chosen from the self-assessment, then 16 optional ones. Every answer gets feedback: what it leads to, and one way to improve.
4. **Dated commitment**: one action to try, written by the learner or picked from the suggestions.
5. **Memo to download**: key takeaways, questions, commitment, personal notes and checklists.

A SAMPLE PRACTICE SCENARIO

Marco, a purchasing manager, has to propose three ideas by Monday to cut supplier delivery times. It's Thursday. He knows the subject, but his page has been blank for half an hour. An AI assistant is available. How does he get started, and when should he turn to AI?

ASSESSMENT AND COMPLETION

Pass mark: 80%

The score takes into account your answers to the practice scenarios, your commitment and, where relevant, any additional learning activities. Passing requires a commitment and a score of at least 80%.

METHODS & MODELS

- The "Think First, ChatGPT Later" principle – Wong & Qiu (2026)
- Default mode network – identified by Marcus Raichle (2001); its link with creativity studied by Roger Beaty et al.
- Morning pages – Julia Cameron, "The Artist's Way" (1992)
- 3 uses of AI (spark, critical mirror, combiner) and 3 related traps – Afthonios method

SOURCES & REFERENCES

- World Economic Forum – "Future of Jobs Report" 2025: creative thinking, the 4th core skill, growing in importance by 2030
- Université de Montréal (Jerbi, Bellemare-Pépin et al.) – Scientific Reports, 2026: AI outperforms the average human, but the top 10% of humans remain far ahead
- Cambridge Judge Business School (Kim et al.) – Information Systems Research, 2025: human–AI creativity requires defined roles and co-refinement
- Wong & Qiu – "Think First, ChatGPT Later", Educational Psychology Review (Springer), 2026

Module created by Afthonios.com.

Content reviewed on 4 October 2026