

# The Manifesto for Creativity\*

by E. Paul Torrance



Don't be afraid to fall in love with something  
and pursue it with intensity.

Know, understand, take pride in, practice, develop, exploit,  
and enjoy your greatest strengths.

Learn to free yourself from the expectations of others  
and to walk away from the games they impose on you.

Free yourself to play your own game.

Find a great teacher or mentor who will help you.

Learn the skills of interdependence.

Don't waste energy trying to be well-rounded.

Do what you love and can do well.

\*He called it the Manifesto for Children, but it's all about creativity!

Source: E.P. Torrance (1983). *Manifesto for Children*. Athens GA: Georgia Studies of Creative Behavior  
and Full Circle Counseling, Inc.