

Overcoming Creative Block

Explore your subconscious thoughts by reflecting on the prompts below:

What am I afraid of?

Why is it important to me to create this?

Does this creative project still excite me?

Are there any external factors affecting me?

Am I applying pressure, or over-stretching myself?

Have I got all the info I need to do this project?

What do your responses tell you?
Is there any follow-up action you can take?

SELF CARE REVIEW

Are you putting yourself first? Rate each area:

Sleep + Rest	/10
Food + Nutrition	/10
Regular Breaks	/10
Exercise	/10
"Me" Time	/10

ADD "PLAY" TO YOUR DAILY ROUTINE

Which creative activities bring you pure joy?

COMMIT TO DAILY ACTION

What small step can you take to move forward?



*Whoever fails
the most, wins*

SETH GODIN

