

Quick Reference: Creative Block Emergency Kit

When you are completely stuck:

1. Immediate Relief (10 minutes):

- Set a timer for 10 minutes for meditation.
 - Write stream-of-consciousness for 10 minutes.
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2. Short-term Solution (45 minutes):

- Force yourself to work for 45 minutes, quality doesn't matter.
 - Take a 20-30 minute walk without distractions.
 - Return for another 45-minute session.
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3. Medium-term Strategy:

- Read something excellent in your field.
 - If not urgent, let the project buffer overnight.
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4. Long-term Prevention:

- Maintain consistent creative practice.
- Consume high-quality content regularly.
- Train yourself to show up on bad days.
- Build tolerance for imperfection.
- Accept that "good enough" might be your 100% today.

