



YOUR CREATIVE CONTRACT

A 21-Day Unblocking System

*“You haven't lost your creativity.
It's just been waiting for you to make time.”*



Your Premise + The Block Audit

“Creativity is not a talent. It is a relationship that requires tending.”

The 3 types of creative blocks:

- **Perfectionism** (*fear of ugly*)
- **Scarcity** (*no time*)
- **Comparison** (*someone else does it better*)

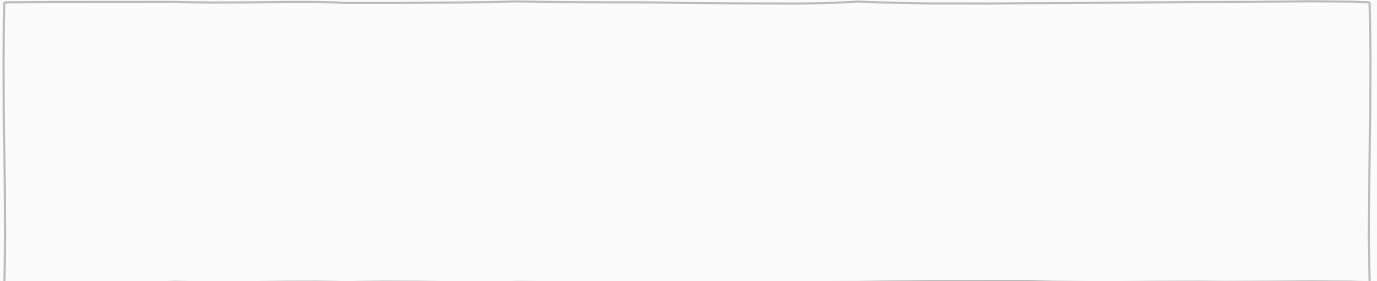
The last time I made something just for fun: _____

What stopped me: _____

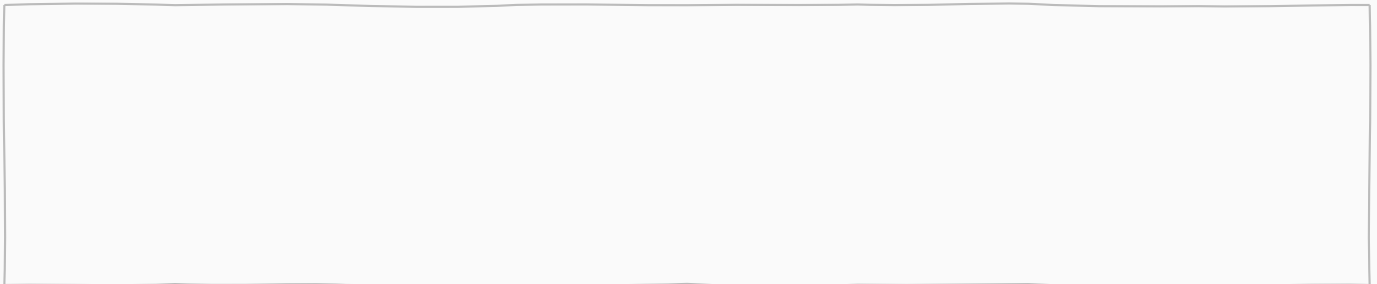
The lie I tell myself about creativity: _____

Week 1 – Permission

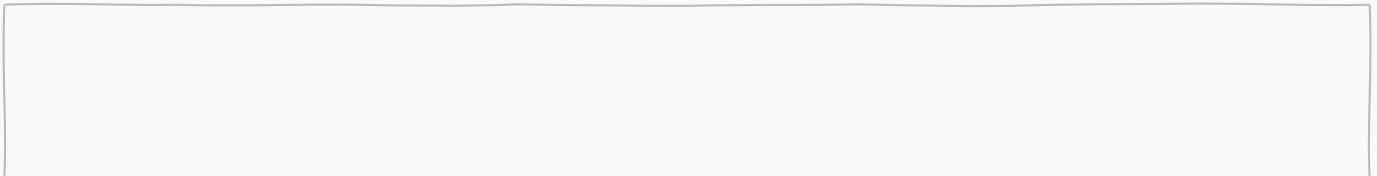
Day 1: Make an ugly drawing. Intentionally bad.



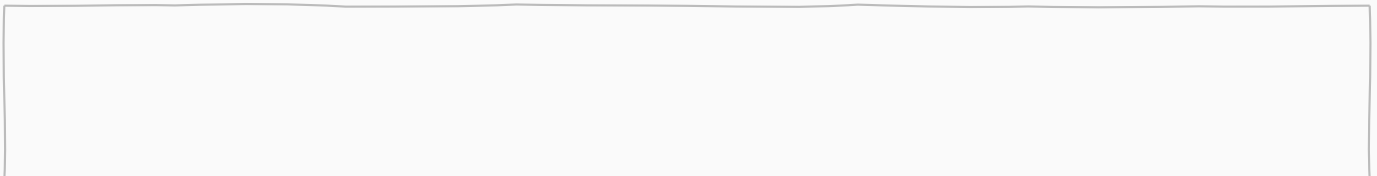
Day 2: Write a terrible poem in 2 minutes.



Day 3: Sing in the shower (no witnesses required).

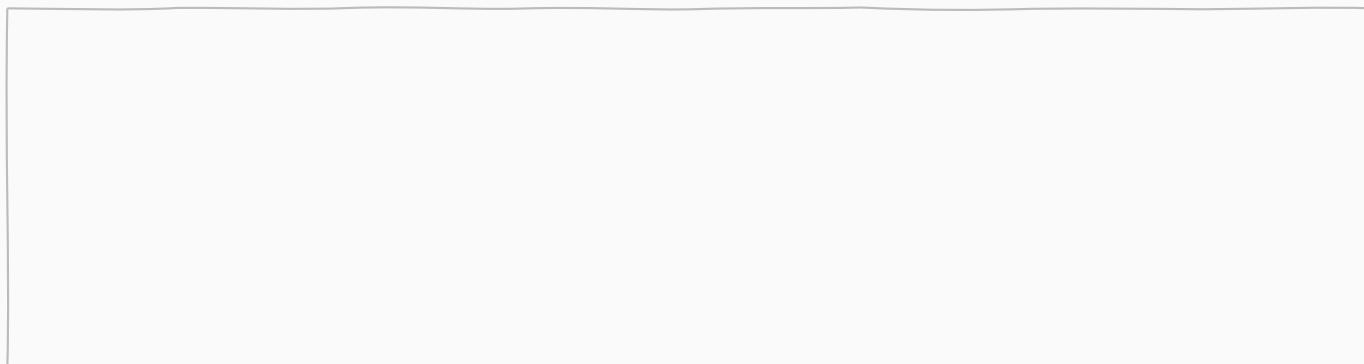


Day 4: Rearrange one shelf aesthetically.



Week 1 – Permission (cont.)

Day 5: Doodle during a meeting.



Day 6: Take a photo of something mundane beautifully.



Day 7: The Permission Pledge signature:



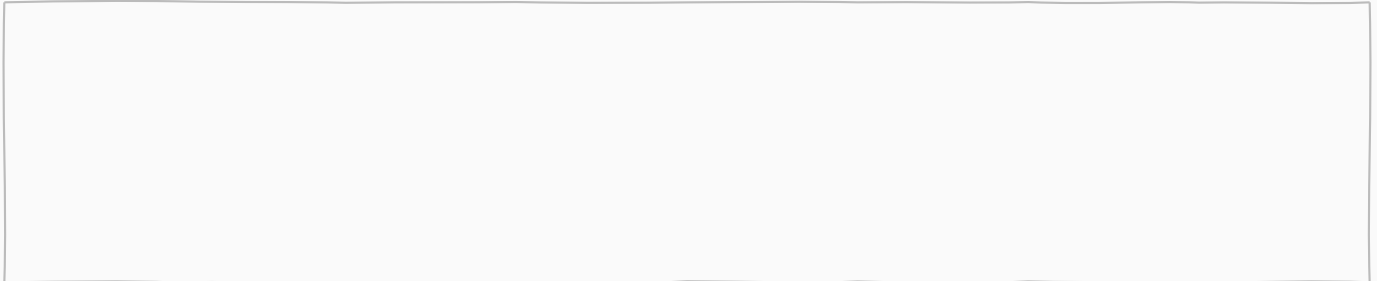
Weekly Check-in:

What felt dangerous? _____

What felt freeing? _____

Week 2 – Play

Day 8: Copy someone else's style without posting it.



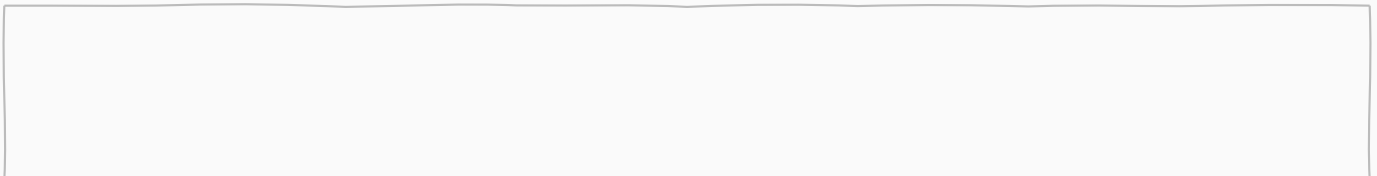
Day 9: Use the "wrong" tool (non-dominant hand, coffee).



Day 10: Create something and destroy it immediately.



Day 11: Make a gift for someone specific.



Week 2 – Play (cont.)

Day 12: Recreate a childhood craft (age 8).

Day 13: 15-minute "yes, and" freewriting (no editing).

Day 14: The Play Log – what surprised me?

Weekly Check-in:

When did I lose track of time? _____

Week 3 – Practice

Day 15: Start something you won't finish today.

Day 16: Work with your hands (clay, bread, wood).

Day 17: Create in public (share one imperfect thing).

Day 18: Steal 30 minutes from "productive" time for play.

Week 3 – Practice (cont.)

Day 19: Make something useful (beautiful + functional).

Day 20: Document your process, not just product.

Day 21: The Commitment – what stays?

Weekly Check-in:

What is my minimum viable creative practice? _____

Your Obstacle Log

When I say I don't have time, what I really mean is:

I am afraid my creative work will be:

Comparison hits when I see:

And I tell myself:

EXTRACTION BOX

The smallest possible creative act I could do daily:

Your Analog Toolkit

The \$20 Starter Kit (low-friction supplies):

- Cheap watercolor tray
- Mechanical pencil
- Small blank notebook
- Glue stick
- Old magazine for collage

The “Creative Emergency Kit” for blocked days:

(3 go-to prompts that always work without thinking)

EXTRACTION BOX

My 3-minute emergency creative move:

Your Contract Maintenance Plan

The 2-Minute Rule:

If it takes less than 2 minutes, do it now (sketch, note, photo).

The Weekly “Artist Date”:

A solo adventure to refill the well. No phone, no friends.

The “Consumption vs. Creation” Check:

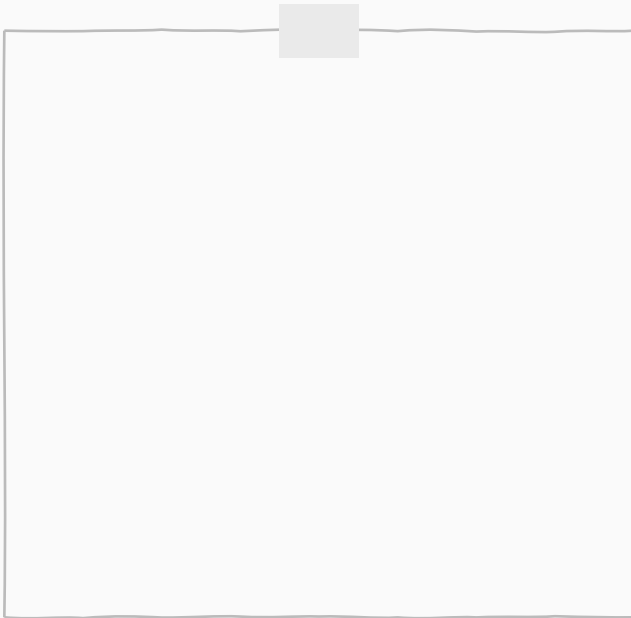
Are you taking in more than you are putting out?

EXTRACTION BOX

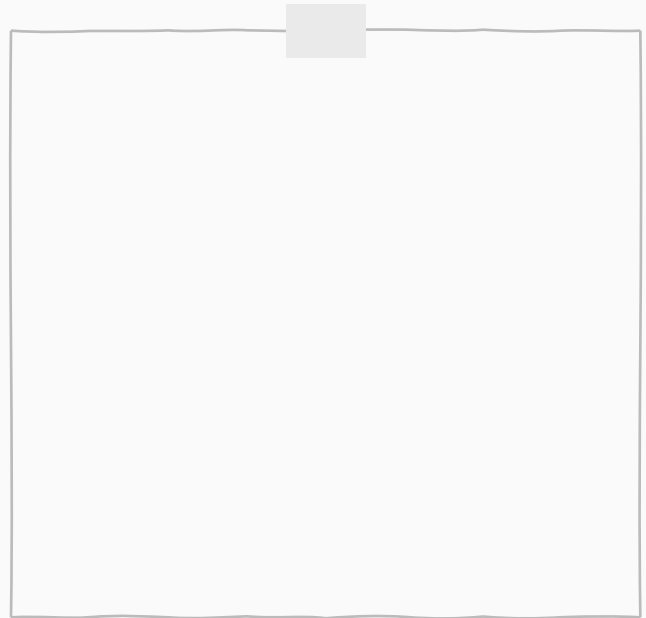
My weekly artist date this month will be:

Your Good Enough Gallery

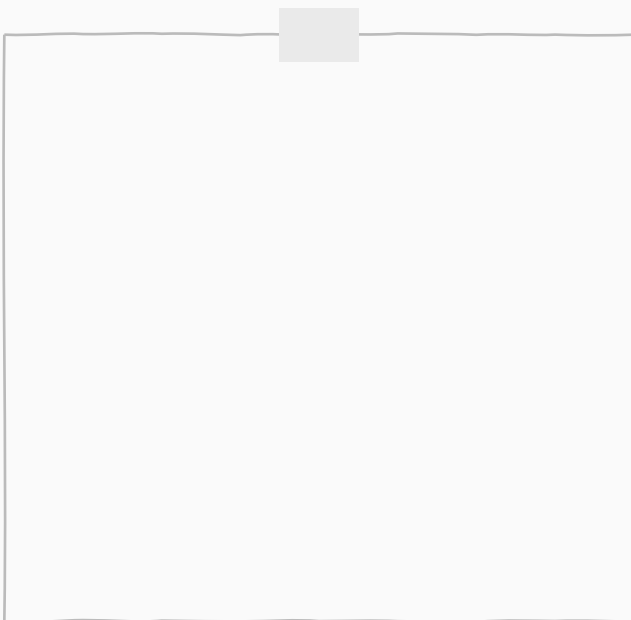
Tape or paste 4 small creations here. Permission to be small, messy, and imperfect.



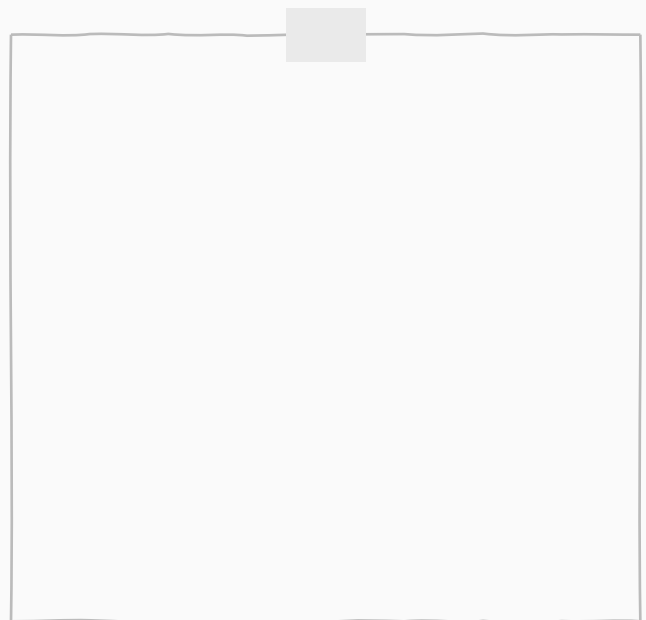
This is good enough because: _____



This is good enough because: _____



This is good enough because: _____



This is good enough because: _____

Your Creative Identity Reclamation

Action over identity:

I am a person who: _____
(Not "I am an artist" – just what you do)

The sustainable rhythm (Weekly? Daily? Monthly?):

The "No Thank You" List:

(Creative activities I tried and actually hate – permission to quit)

EXTRACTION BOX

My new creative identity statement:

YOUR CREATIVE CONTRACT

*"I promise to make space for making,
not because I am talented,
but because I am human."*

Signature: _____

Date: _____

Review Date (3 mos): _____

