



# YOUR CREATIVE RECOVERY

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## 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

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*“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: \_\_\_\_\_

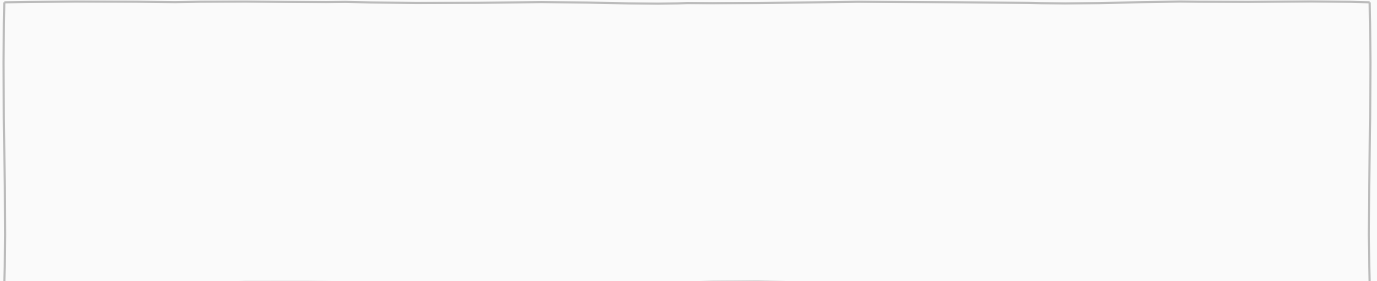
What stopped me: \_\_\_\_\_

The lie I tell myself about creativity: \_\_\_\_\_

# Week 1 – Permission

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**Day 1:** Make an ugly drawing. Intentionally bad.



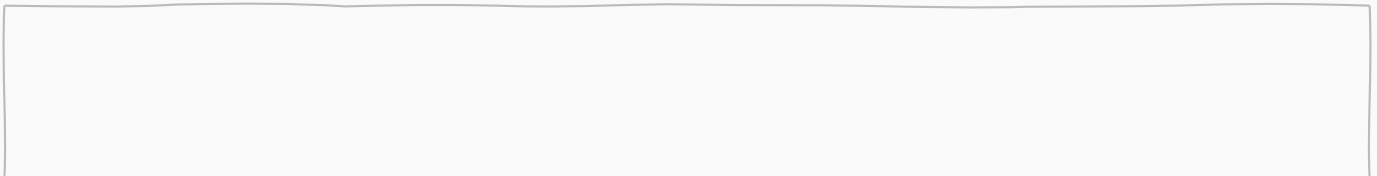
**Day 2:** Write a terrible poem in 2 minutes.



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



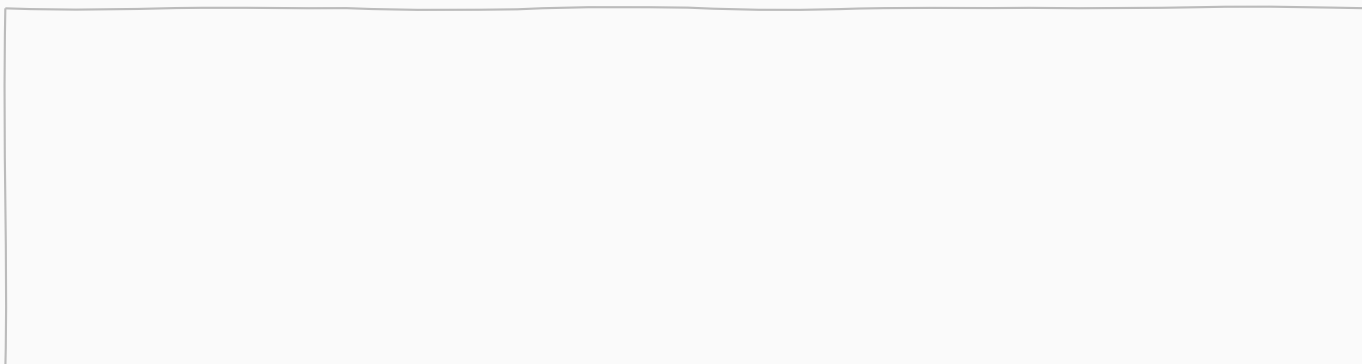
**Day 4:** Rearrange one shelf aesthetically.



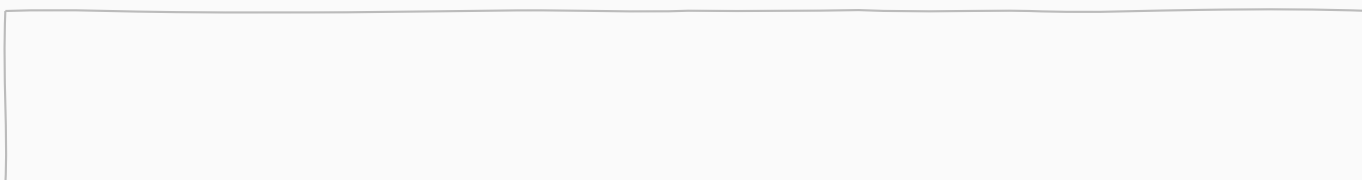
# Week 1 – Permission (cont.)

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**Day 5:** Doodle during a meeting.



**Day 6:** Take a photo of something mundane beautifully.



**Day 7:** The Permission Pledge signature:



**Weekly Check-in:**

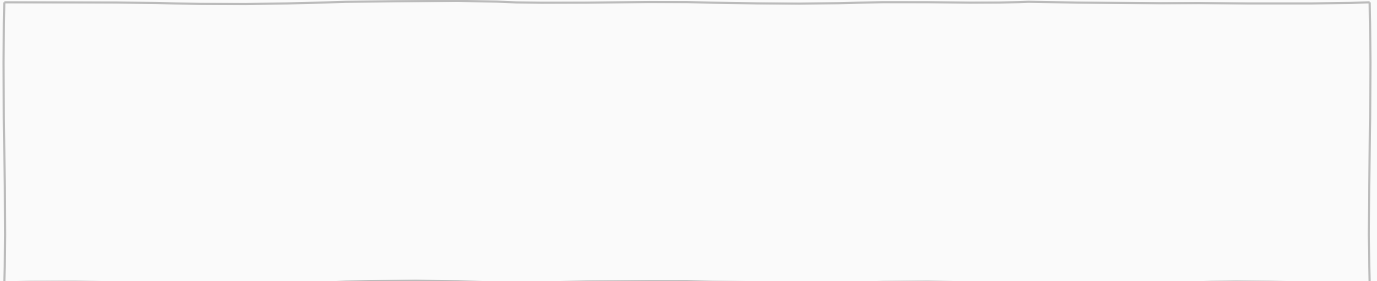
What felt dangerous? \_\_\_\_\_

What felt freeing? \_\_\_\_\_

# Week 2 – Play

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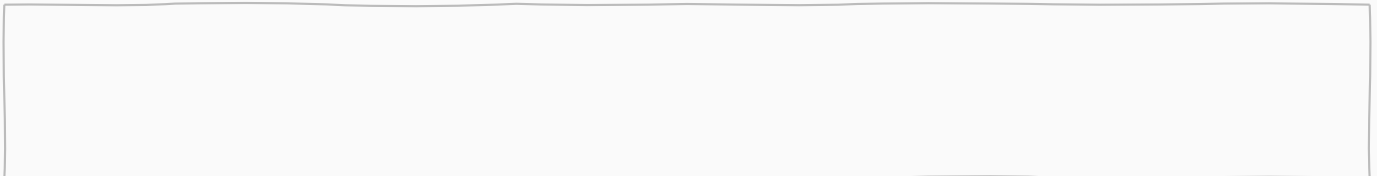
**Day 8:** Copy someone else's style without posting it.



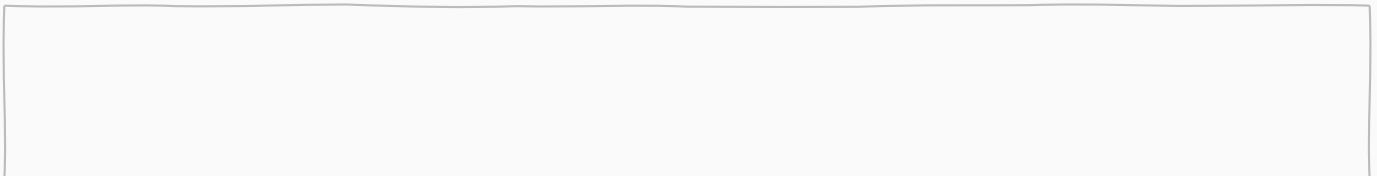
**Day 9:** Use the "wrong" tool (non-dominant hand, coffee).



**Day 10:** Create something and destroy it immediately.



**Day 11:** Make a gift for someone specific.



# Week 2 – Play (cont.)

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**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

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**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.)

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**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

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

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I am afraid my creative work will be:

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Comparison hits when I see:

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And I tell myself:

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## EXTRACTION BOX

*The smallest possible creative act I could do daily:*

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# Your Analog Toolkit

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## 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)*

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### EXTRACTION BOX

*My 3-minute emergency creative move:*

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# Your Recovery Maintenance Plan

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## The 2-Minute Rule:

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

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## The Weekly “Artist Date”:

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

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## The “Consumption vs. Creation” Check:

Are you taking in more than you are putting out?

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### EXTRACTION BOX

*My weekly artist date this month will be:*

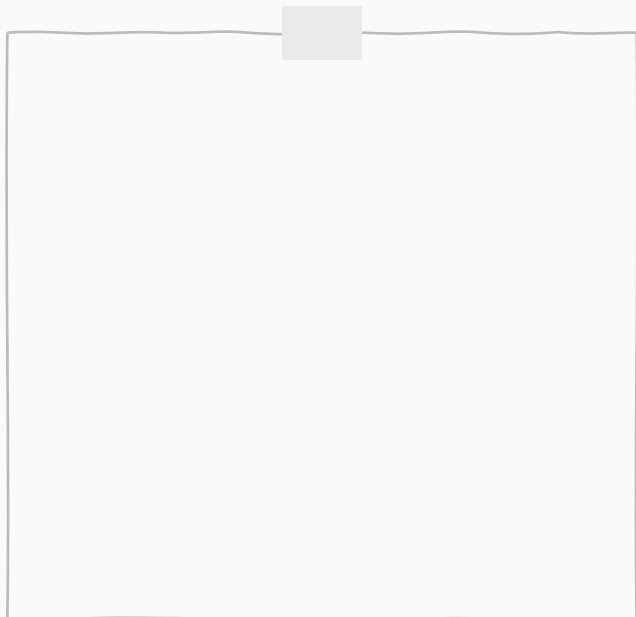
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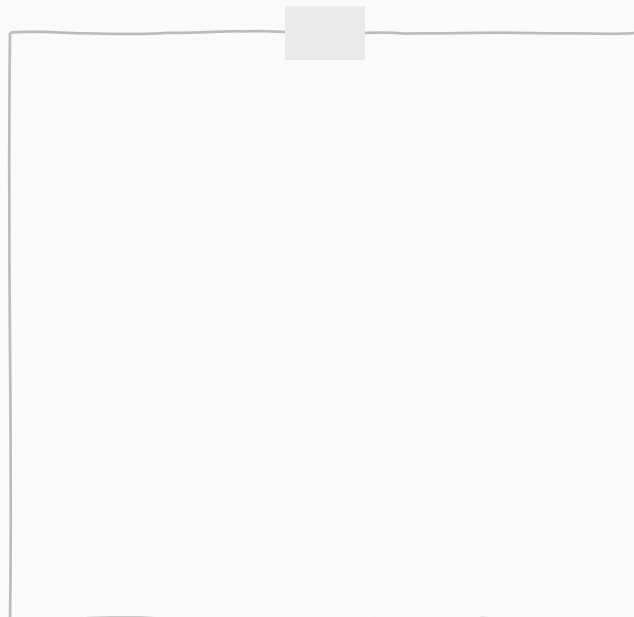
# Your Good Enough Gallery

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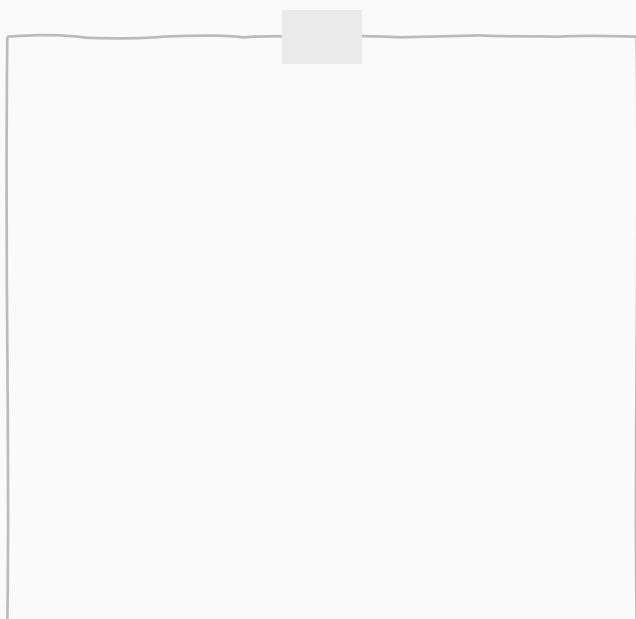
*Tape or paste 4 small creations here. Permission to be small, messy, and imperfect.*



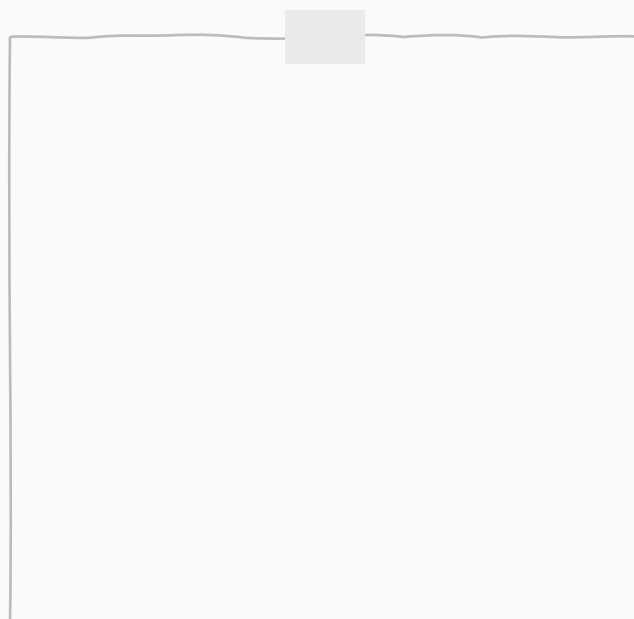
This is good enough because: \_\_\_\_\_



This is good enough because: \_\_\_\_\_



This is good enough because: \_\_\_\_\_



This is good enough because: \_\_\_\_\_

# Your Creative Identity Reclamation

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## Action over identity:

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

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

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## The “No Thank You” List:

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

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### EXTRACTION BOX

*My new creative identity statement:*

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# YOUR CREATIVE COVENANT

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

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Review Date (3 mos): \_\_\_\_\_

