

OVERCOMING CREATIVE BLOCKS

212-Careers



Self-doubt is one of the most common creative blocks. The constant and limiting inner voice tells a person that they can't be creative now because they have not been significantly creative in the past. That isn't the case. Countless examples of creativity remain dormant for decades before awakening and leading to success.

Best-selling author Frank McCourt published his debut novel *Angela's Ashes* when he was 66. Julia Child was a globally renowned celebrity chef. After careers in advertising and media, she learned to be creative through cooking. What began as a hobby eventually led to her first book, published at 50.

These and other successful creatives had to overcome mental blocks before their creativity made them famous. Creative people often battle perfectionism, constant distractions, a lack of free time, and fear of failure. Does this sound familiar? If so, use the following tips to overcome the standard blocks holding you back from expressing yourself creatively.

Banish Perfectionism

Isaac Asimov has penned over 400 books. Mary Faulkner makes Asimov look lazy. She has written 904 books under six pen names. L. Ron Hubbard (1,084 books), Ryoki Inoue (1,100+), and Maria del Socorro Tellado Lopez (4,000+) define the word prolific when writing books.

Do you believe these incredible achievements would have been realized if the authors insisted that their books were perfect before publication? Perfectionism is the enemy of creativity. It blocks you from moving forward. Let your creative juices flow and allow the process to develop the solution, answer, or other creative product you are pursuing.

Practice Positive Self-Talk and Affirmations

- "I am a powerful creative."
- "Creativity comes easy to me."
- "I move easily past creative blocks and create amazing things."

Those are examples of positive self-talk convincing you that your feelings of self-doubt are misplaced. Speak affirmations like this every day. Affirmations have been proven effective in increasing self-confidence and self-esteem. Those beliefs can help you move past doubt when you're unsure if you have what it takes to be creative.

Who Cares?

Creatives often stop short of completion because they fear people's thoughts about their creations. Get past this creative block, an aspect of a fear of failure. Who cares what others think? The truth is, most people are paying attention to your exhalation point.

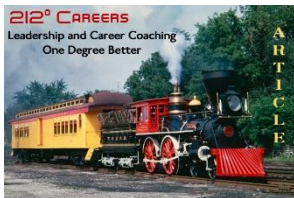
Don't take that negatively. It's a simple truth. People move through their lives so self-absorbed. They aren't obsessing over you and waiting for you to fail. You can also apply this attitude to the quality of your work. Who cares if it isn't perfect?

The more you allow yourself to move through the creative process, the better you will become.

Prioritize Creativity

You might believe you need more time to create. You may embrace the constant distractions of today's busy, hectic, noisy world as an excuse for not being as creative as possible. The actual mental block in both of these cases could be poor prioritization.

Schedule creativity. Put it in your daily planner. Track how you spend your time every day. Do you need to spend so much time watching reality TV, surfing the web, checking in on social media, and otherwise killing time? Prioritize creativity, and you will overcome a blockage of poor time management.



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