

Why You're Creatively Blocked

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Wanda Rogers

And The Mellow Mastermind Way To Fix It

The 60-Second Creative Block Detective

Discover Your Exact Creative Block Type in Under One Minute

Stop fighting the wrong battle. Start with the right solution.

Why Most Creative Advice Doesn't Work for You

You've tried the generic advice: "just start writing," "set a schedule," "find your why." But you're still stuck, frustrated, and wondering if you're just not cut out for this creative thing.

Here's the truth: There's nothing wrong with you. The advice you've been getting is wrong for YOUR specific creative brain.

Most creativity experts give one-size-fits-all solutions to five completely different problems. It's like prescribing the same medicine for a broken arm, the flu, anxiety, diabetes, and insomnia.

You don't need generic creative advice. You need the **RIGHT** advice for YOUR creative block type.

Why You're Creatively Blocked

The 60-Second Diagnostic

Instructions: Read each group of statements. Rate how much each sounds like you (1-5, where 5 = "this is exactly me"). Work quickly—your gut reaction is most accurate.

Group A: The Research Rabbit Hole

- "I have 17+ browser tabs open for 'research' but zero actual creative output" __
- "I need to understand everything before I can possibly start creating" __
- "I spend way more time planning and researching than actually doing" __
- "I worry about missing something important if I start before I'm fully prepared" __

Group A Total: ___/20

Group B: The Polish Prison

- "I edit the same section over and over before moving to the next part" __
- "Nothing ever feels 'ready' or 'good enough' to share with others" __
- "I spend more time perfecting existing work than creating new work" __
- "I'd rather ship nothing than ship something that isn't my absolute best" __

Group B Total: ___/20

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Group C: The Attention Hijack

- "I can't focus for more than a few minutes without checking my phone/social media" ___
- "I sit down to create but somehow end up reorganizing playlists or cleaning my space" ___
- "Creative work feels impossibly slow compared to scrolling or consuming content" ___
- "My phone is within arm's reach during creative work 'just in case'" ___

Group C Total: ___/20

Group D: The Shiny Object Syndrome

- "I have multiple brilliant unfinished projects collecting digital dust" ___
- "New ideas feel way more exciting than whatever I'm currently working on" ___
- "I haven't actually completed and shared anything substantial in months" ___
- "I get bored with projects once the initial excitement and novelty wear off" ___

Group D Total: ___/20

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Group E: The Creativity Exhaustion

- "I feel completely drained by the thought of any creative work" ____
- "I used to love creating, but now it feels like just another obligation" ____
- "I secretly fantasize about quitting creative work entirely" ____
- "Rest feels impossible because of everything I 'should' be doing creatively" ____

Group E Total: ____/20

Your Creative Block Type Results

FIND YOUR HIGHEST SCORE:

Group A Winner = The OVERTHINKER

Your Core Issue: Fear of judgment disguised as thoroughness

What's Really Happening: You're using research and planning to avoid the scary vulnerability of actually creating something people can see and judge.

Your Kryptonite: Analysis paralysis, research rabbit holes, planning instead of doing

Your Superpower When Unleashed: Deep, thoughtful work that shows real expertise and insight

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Group B Winner = The PERFECTIONIST

Your Core Issue: Fear of judgment disguised as high standards

What's Really Happening: You're using impossible standards as armor against criticism, but perfectionism is keeping you from shipping anything.

Your Kryptonite: Endless editing loops, never feeling "ready," shipping nothing

Your Superpower When Unleashed: Exceptional attention to detail and quality when applied strategically

Group C Winner = The DISTRACTED

Your Core Issue: Attention hijacked by digital dopamine

What's Really Happening: Your nervous system is overstimulated by constant digital input, making slow creative work feel impossible.

Your Kryptonite: Social media spirals, notification interruptions, scattered focus

Your Superpower When Unleashed: High-energy creative sessions and ability to hyperfocus when conditions are right

Group D Winner = The IDEA-HOPPER

Your Core Issue: Choice paralysis and commitment avoidance

What's Really Happening: You're addicted to the excitement of new ideas and avoid the vulnerability that comes with finishing and sharing work.

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Your Kryptonite: Project graveyard, starting but never finishing, new idea addiction

Your Superpower When Unleashed: Incredible creative variety and ability to generate endless innovative concepts

Group E Winner = The BURNOUT

Your Core Issue: Creative exhaustion and depletion

What's Really Happening: You're not blocked—you're running on empty. Your system is demanding rest, not more productivity techniques.

Your Kryptonite: Pushing through exhaustion, treating rest as lazy, creative obligation

Your Superpower When Unleashed: Deep, sustainable creative practice that energizes rather than depletes

What This Means for Your Creative Future

IF YOU'RE A TIE BETWEEN TYPES:

Two similar scores: You're dealing with multiple block types. Start with the higher score, then address the secondary pattern.

All scores are high: This often indicates underlying burnout masked by other symptoms. Consider starting with burnout recovery even if it wasn't your highest score.

And The Mellow Mastermind Way To Fix It Your Next Steps

If Burnout scored highest (15+): Stop trying productivity techniques immediately. You need rest and restoration first—all other advice will backfire until your energy recovers.

For all other types: You now know your enemy. The next step is getting the right weapons for your specific battle.

The One Thing That Changes Everything

GENERIC ADVICE ASSUMES EVERYONE GETS STUCK FOR THE SAME REASONS.

But now you know better. You know that:

- The Overthinker needs research limits, not more planning time
- The Perfectionist needs shipping deadlines, not higher standards
- The Distracted needs digital boundaries, not more willpower
- The Idea-Hopper needs completion systems, not more inspiration
- The Burnout needs rest protocols, not productivity hacks

You don't need to fix your "broken" creative brain. You need tools designed FOR your creative brain.

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Your Free Emergency Toolkit

Now that you know your block type, get your personalized emergency toolkit:

Download: "5 Emergency Protocols for Creative Crisis"
The exact intervention strategies for when your specific block type is sabotaging your creative work

Plus: Join the Mellow Mastermind community and connect with other creators who share your specific creative challenges.

Ready to go deeper?

Your 60-second diagnosis was just the beginning. Get the complete system designed specifically for your creative block type with the full Mellow Mastermind Workbook: [Your Block Type] Edition.

Finally, creative advice that actually works for YOUR brain.

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Connect with the Mellow Mastermind Community:

If this book resonated with you, you're not alone in your creative journey. Take 2 minutes to:

1. Follow @MellowMastermind on Instagram, YouTube, or TikTok for ongoing creative support
2. Visit www.officiallymars.com to access free resources and community updates
3. Share one insight from this book with another creative person in your life
4. Tag your creative wins with #MellowMastermind so others can celebrate with you

Building creative community is just as important as building creative skills.

Quick Reference: How to Stay Connected

- Weekly Creative Tips: Follow @MellowMastermind for bite-sized strategies
- Deep Dive Content: Subscribe to the newsletter at officiallymars.com
- Community Support: Join discussions using #MellowMastermind
- Workshop Updates: Check the speaking calendar for events near you
- Personal Coaching: Apply through the website for one-on-one mentoring

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For media inquiries, speaking requests, or collaboration opportunities, contact through info@officiallymars.com
