Crush the Creative Block Struggle

Six Mindset Shifts to Get Back into Your Creative Flow

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Hello!

Thank you so much for downloading my 6 steps to help crush the creative block struggle. I'm guessing since you've downloaded this guide, you're looking for a fresh, new way to step back into your creative flow.

For any creative professional, these blocks are beyond frustrating. Especially if you rely on your creativity to pay the bills and build your reputation.

You certainly can't afford a shortage of ideas or the lack of energy to put them into action. Even the most disciplined writers hit roadblocks on their journey.

You want your writing to shine. You want to be seen as a master wordsmith. You want readers waiting with bells on for your next great novel that they can't put down.

You want to crush the creative blocks standing in your way.
I know you do.
I've been there. I totally get it.

xo,

Lynn

SIX WAYS TO HELP
Crush the Creative Block Struggle

1. What is your intention behind telling this story?

This is much easier to answer than it seems. Do you want to educate your readers? Entertain them? Tell a compelling story?

There is no "wrong" answer here. It's whatever YOUR intention is for writing the book. This is the first step on getting clear about your process moving forward.

If you have a clear intention behind writing your book, you're able to recall it and tap back into your creative flow with greater ease.

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2. What excites you about this idea?

I really can't get more straight-forward than that! This is YOUR idea. The excitement you had when creating it must have been palpable.

Tap back into that excitement. It's okay if you have to rework or revise how you want your idea to translate into a story.

That's the great thing about ideas. They are a launch pad for so much inspiration.

See Things Differently:

Ask yourself: If there were no limits and you could write any novel you wanted, what would you write?

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3. Why is this idea important now?

You are passionate about your idea. You want readers to embrace it. This story could change someone's life.

Does your idea speak to under-represented voices? Does it feature characters/storylines not usually seen in mainstream novels? Is it just a damn good idea that you want to write about?

Again, there is no wrong answer here. This is your "why." This is your story.

Know that there is a reader out in this world that needs this book and only you can write it.

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4. What negative beliefs/memories about writing are blocking you?

Let's dig deep.

We all have some history with writing and the writing process. We've all been taught different ways to tell a story. And sometimes, we've been on the receiving end of advice or opinions that live in our subconscious thoughts.

Maybe you believe you're not good enough to achieve your goal. Maybe you believe you're not talented enough to write a novel. Maybe the "who am I to do this" thought pattern keeps creeping back.

Dig Deeper

Where did those beliefs originate? Did you hear them from someone you know or trust? A teacher, family member, friend?

Be honest. You're not blaming anyone. We're just getting to the core of where these beliefs came from.

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5. Journal out those beliefs.

Grab some pen & paper or open a Google doc and give yourself some time to journal out any limiting beliefs/negative thoughts you have about writing.

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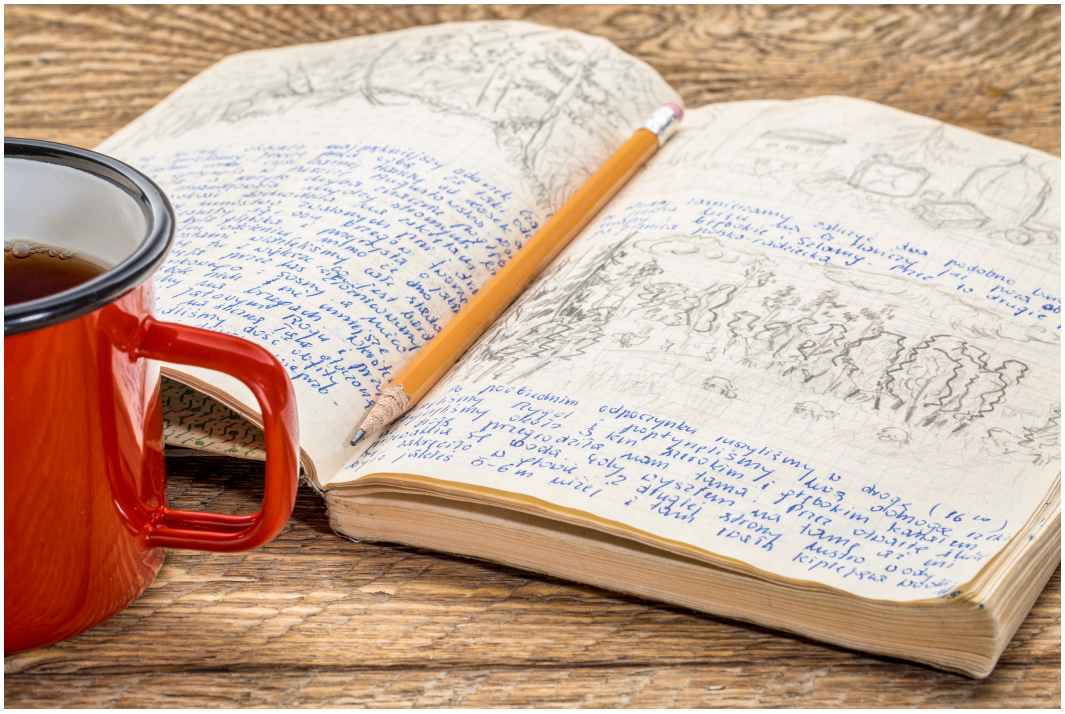
6. Challenge and reframe that way of thinking.

Keep that journal or Google doc open! This is your chance to look at every limiting belief/negative thought you wrote down and CHALLENGE them.

Be gentle with yourself as you recognize each belief and begin to reframe them. Cross them out if you have to and write "that's BS" next to them. Write out WHY it's BS.

Who would you be without those limiting beliefs? What would you accomplish without them?



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Trust Yourself

Thank you for investing your time and working through these steps to help you crush any creative blocks you may be experiencing. I know some of these prompts were not easy. If you skipped any of them, I encourage you to revisit them and really look at why you may be struggling to stay in your creative flow.

These shifts and breakthroughs take time. It's okay to use this guide over and over again.

I believe in you and I know you can create the novel of your dreams.

Remember this:

★ The fact that you want it is enough.
★ Your writing is worthy to be shared and adored
★ You are a powerhouse writer
★ The world needs your story
★ You were born to share your gifts with the world

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About Lynn

I'm the proud creator of sexy, emotional and captivating stories. My debut trilogy, The Breathless Series, has been read all over the world, drawing readers in with realistic, relatable characters and a hard-to-put-down storyline.

My career is filled with all types of writing; from press releases and promotional materials to scripts for live TV news. In my years of experience, I've trained new writers right out of college and given refreshers to people getting back into the industry.

For me, writing is a calling. Writing is a way to express the deepest parts of who you are.

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