

# Flow Reset Worksheet: 7 Psychology-Based Tools to Break a Creative Block

## 1. Challenge-Skill Balance (Flow Theory)

Flow happens when the task is challenging \*enough\* to match your current skill level.

- What creative task are you currently stuck on?
- How could you make it more engaging or slightly harder (but not overwhelming)?
- Micro-goal or creative constraint: \_\_\_\_\_

## 2. Regulate Your Nervous System (Window of Tolerance)

When dysregulated, your brain can't focus on creativity.

- How do you feel in your body right now? (Calm, Anxious, Shut down, Tired, Restless)
- Try one of these: Deep breathing, Grounding (5-4-3-2-1), Stretching/Walking
- What did you notice after trying it? \_\_\_\_\_

## 3. Eliminate Mental Clutter (Attention Residue)

Multitasking keeps your brain from going deep into focus.

- Distraction Detox: Phone away, Timer set, Workspace cleared, Notes nearby
- Top 3 distractions right now: \_\_\_\_\_

## 4. Spark Dopamine with Novelty

Novelty resets your brain and boosts motivation.

- Switch it up: New medium, location, background music, time of day
- Today's novelty choice: \_\_\_\_\_

## 5. Repetition Builds Flow (Zeigarnik Effect)

Returning regularly - even imperfectly - builds momentum.

- When can you return to your project next? \_\_\_\_\_
- Leave your session unfinished: "Tomorrow, I'll start with..." \_\_\_\_\_

## 6. Visualize Yourself in Flow (Mental Rehearsal)

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Visualization reduces resistance and boosts focus.

- Close your eyes. Picture a flow session. What are you doing? How does it feel?
- Describe the feeling: \_\_\_\_\_

### 7. Be Curious, Not Critical

Blocks are signals - not failures.

- Ask yourself: What might my mind or body need right now?
- ( ) Rest ( ) Movement ( ) Clarity ( ) Play ( ) Connection ( ) Other: \_\_\_\_\_

### Reflection

- What felt most helpful today? \_\_\_\_\_
- What small step will you take tomorrow? \_\_\_\_\_

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