

Decoding Creative Blocks → 35 things that get in the way.

To simplify, the blocks are into two primary categories:

1. The ones that impact your personal growth (mostly born of our inner chatter)
2. The ones that hinder your professional growth (mostly due to our habits and mindset)

Which ones do you want to discover first? (Click below)

Personal Growth

Professional Growth



Note from Apeksha 📌

Over the course of two years, I've dived deep into the minds of over 200 individuals during countless 1:1 sessions to understand the hurdles they face on their path to growth.

And now, I'm thrilled to share this cheatsheet with you 🎉 where I've distilled the essence of those numerous hidden creative blocks that tend to leave us feeling stuck.

🗨️ **Why do I call it a cheat sheet, you wonder?** It's your ultimate go-to guide when stagnation creeps in. It will help you identify the patterns that hinder your progress so you can devise personalized strategies - to effectively manage the blocks. 🙌

Stay Creative,
Apeksha



Liked reading this? You'll love **Being Right Brained.**

The most effective ideas, tips and tools for creative minds to work, think and feel better by learning how to manage and overcome these 35 blocks - in your inbox - every other Friday.

Join now. No spam. Always free →

Personal Growth

Professional Growth

#01

**Fear of Judgement**

Apprehension felt when sharing or presenting work, or expressing doubts, stemming from concerns about being seen as weak.

IMPACT: RISK TAKING ↓ • FRUSTRATION ↑

#02

**Criticism Sensitivity**

a tendency to have strong emotional reactions when confronted with constructive criticism or negative opinions about one's work.

GROWTH ↓ • MISCONCEPTIONS ↑

#03

**Perfectionism**

Striving for unattainable ideals or unrealistic goals to avoid failure, accompanied by harsh self-evaluations

OVERWHELM ↑ • MISSED TIMELINES ↑

#04

**Impostor Syndrome**

Feelings of self-doubt and personal incompetence that persist despite one's experience, and achievements.

CONFIDENCE ↓ • OPPORTUNITIES ↓

#05

**People Pleasing**

A strong desire for validation and acceptance from clients, colleagues, or the audience at the expense of one's own vision and voice.

FULFILMENT ↓ • SELF EXPRESSION ↓

#06

**Validation via Materialism**

The tendency to seek validation and bolster one's self-worth through the purchase of expensive tools or experiences.

DECISION MAKING ↓ • ANXIETY ↑

#07

**Burnout**

A prolonged state of physical and emotional exhaustion that causes one to become increasingly disengaged from work.

PRODUCTIVITY ↓ • IRRITABILITY ↑

#08

**Immunity to Change**

A tendency for professionals to reject new knowledge that contradicts established beliefs.

MISSED OPPORTUNITIES ↑ • EFFICIENCY ↓

#09

**God Complex**

Inflated feelings that one's abilities are somehow dramatically better than those of other people.

FEEDBACK ↓ • REPUTATION ↓

#10

**Mental Health Neglect**

Prioritizing creative endeavours work over symptoms of stress, burnout, anxiety, or depression.

QUALITY OF WORK ↓ • DISSATISFACTION ↑

#11

**The Soloist Syndrome**

A strong reluctance when it comes to reaching out for support, preferring to tackle challenges independently.

COLLABORATION ↓ • ISOLATION ↑

#12

**Entitlement Mentality**

An inherent sense of deservingness when little or nothing has been done for special privileges, recognition, or treatment.

LEARNING ↓ • LACK OF EMPATHY ↑

#13

**Stereotyped Success**

Limited definitions of success neglect the diverse ways in which individuals define and pursue their own versions of success.

FEELINGS OF INADEQUACY ↑

#14

**Blue Print to Success**

An belief that success can only be achieved by closely following the steps or guidance provided by a mentor or guru figure.

OWNERSHIP ↓ • CONFUSION ↑

#15

**The Artist Reward Pathway**

Placing a higher value on the satisfaction and fulfilment derived from creative work rather than the monetary rewards it may bring.

FINANCIAL STABILITY ↓ • LIMITATIONS ↑

#16

**Avoidance of Discomfort**

Missing out on opportunities to avoid temporary feelings of pain that may come with a change of routine or unfamiliar situations.

STAGNATION ↑ • OPPORTUNITIES ↓

Got questions? I'd love to answer.

Write to me 

Personal Growth

Professional Growth

#17

**The Originality Trap**

A state of continuous planning and gathering information without making actual trackable progress towards achieving goals.

STUCKNESS ↑ • DECISION MAKING ↓

#18

**Productivity Shame**

Setting utterly unrealistic goals or schedules and subsequently berating oneself for failing to meet them.

BURNOUT ↑ • PRODUCTIVITY ↓

#19

**Workplace Disconnect**

A sense of not fitting in at work due to misalignment of values and aspirations, with organisational culture and environment.

SENSE OF BELONGING ↓ • DEMOTIVATION ↑

#20

**Effort Aversion**

The tendency to prefer easier tasks over more challenging ones, even if the harder tasks offer greater rewards or desired outcomes.

COMPLACENCY ↑ • GROWTH ↓

#21

**Planning Fallacy**

Getting lazy with the details of planning which leads to inefficient plans and confusion.

QUALITY OF WORK ↓ • DELAYS ↑

#22

**Conformity Bias**

Suppressing our ideas to support the ones that are preferred the most by the people around us

CRITICAL THINKING ↓ • UNIQUENESS ↓

#23

**Functional Fixedness**

A bias that limits a person's ability to see alternative uses or functions for an object or tool beyond its typical or intended purpose.

BOXED THINKING ↑ • FLEXIBILITY ↓

#24

**Task Overload**

Squeezing too many tasks into a limited timeframe without considering realistic time constraints or available resources.

QUALITY OF WORK ↓ • OVERWHELM ↑

#25

**Analysis Paralysis**

Total inaction to avoid the chance of failure out of excessive fear of making mistakes.

OVERTHINKING ↑ • OVERWHELM ↑

#26

**Execution Bias**

Prioritizing executional tasks over managerial tasks due to the perceived sense of accomplishment that comes from completing them.

LEADERSHIP ↓ • AGILITY ↓

#27

**Illusion of Control**

An inflated sense of confidence in one's skills and a belief that they can surpass the performance of others.

DELEGATION ↓ • COLLABORATION ↓

#28

**Talent Blindness**

Viewing talent as mastery of specific software tools and techniques while undervaluing skills like problem-solving, user empathy, collaboration etc.

PROFESSIONAL GROWTH ↓ • SELF DOUBT ↑

#29

**Shiny New Idea Syndrome**

The tendency to continually chase new trends, new opportunities, and new ideas without evaluating their benefit first.

IMPULSIVE DECISIONS ↑ • LACK OF FOCUS ↑

#30

**Idea Hoarding**

The tendency to keep all ideas hidden due to the fear that someone might "one-up" them.

OPPORTUNITIES ↓ • SCOPE FOR CHANGE ↓

#31

**Hustle Mentality**

A belief system that glorifies and prioritizes constant activity and relentless work as the key to success.

WORK-LIFE BALANCE ↓ • FATIGUE ↑

#32

**Parkinson's Law**

The inaccurate idea of the time needed to complete a task, which leads to exaggerating the estimated time for completion.

INEFFICIENCY ↑ • PRIORITIZING ↓

#33

**Motivation Dependency**

Seeing motivation as a prerequisite for taking action, rather than a byproduct of taking action.

PROCRASTINATION ↑ • MISSED GOALS ↑

#34

**State of Motion**

A state of continuous planning and gathering information without making actual trackable progress towards achieving goals.

STUCKNESS ↑ • DECISION MAKING ↓

#35

**Lack of Flow State**

Failing to immerse fully into a task because the task is either too challenging or too easy in comparison to one's skills.

PROCRASTINATION ↑ • DISTRACTIONS ↑

Got questions? I'd love to answer.

Write to me 