

CREATIVE FIELD GUIDE

Creative *Momentum*

*A workbook for getting
out of your own way*

Perfect delays. Done moves.

CM

BY

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Most unfinished work does not fail because people lack talent.

It stalls because decisions feel risky. So we revise. We rethink. We tweak. We wait. And the strange part is that it often feels productive.

Perfectionism rarely announces itself as fear. It disguises itself as responsibility. As high standards. As professionalism. As *"just making sure."*

Meanwhile, ideas sit unfinished. Projects stay hidden. Creative energy gets trapped in endless refinement. Momentum disappears.

The goal of this workbook is not to help you become less creative. It is to help you stop making creativity harder than it has to be.

Because movement creates clarity. Not the other way around.

HOW TO USE THIS WORKBOOK

- Circle ideas that hit you immediately
- Write before you overthink
- Be honest instead of polished
- Don't try to answer perfectly
- Focus on recognition, not performance
- Pick one thing to finish

SECTION 01

We're not stuck. We're stalling.

*Sometimes what feels like "working" is actually
avoiding the next decision.*

We tell ourselves we are still refining. Still improving. Still preparing. But often, we already know what the next step is. We just don't want to take it yet — because taking it makes the work real, and real work can be judged. So we stay in motion without moving forward. That's the trap.

REFLECTION

What project has been "almost done" for too long?

What unfinished thing keeps following you around mentally?

Where are you refining instead of deciding?

What would happen if you finished it imperfectly?

What are you avoiding by staying in preparation mode?

MOMENTUM MOVE

Finish this sentence quickly — don't think, just write:

"The next version of this is..."

SECTION 02

Perfectionism looks like productivity.

*It doesn't feel like avoidance. It feels like effort.
Sometimes it even feels ambitious.*

Careful people often get rewarded for overthinking. We become known as detail-oriented. Reliable. Thorough. But eventually, there is a difference between improving the work and protecting yourself from releasing it. At some point, high standards quietly become decision avoidance.

WHAT DO YOU HIDE BEHIND?

Check what you reach for most:

Research Planning Revising

Formatting Reorganizing One more tweak

REFLECTION

What behaviors make your perfectionism look productive or responsible?

What work are you keeping private because it still feels "not ready"?

MOMENTUM MOVE

List three things you could release at 80% instead of waiting for 100%:

1. _____

2. _____

3. _____

You can't edit a **blank** page.

*And you can't improve something that doesn't exist yet.
Start ugly. Even placeholders count.*

Many creative people believe the first version should already sound smart. Already look polished. Already prove something. But first drafts are not performances. They are raw material. Something unfinished can still evolve. A blank page cannot.

TRY THIS RIGHT NOW

Set a timer for 10 minutes. Open something you've been avoiding. Create the worst possible first version.

- × No deleting
- × No fixing
- × No formatting
- × No rereading
- × No apologizing for it

The goal is not quality. The goal is movement.

REFLECTION

What kind of work feels hardest to begin?

What are you expecting from yourself too early in the process?

AFTER THE TIMER

What came up when you tried this?

What would happen if your first version was allowed to be incomplete?

SECTION 04

Wait for
perfect.
Wait
forever.

Confidence usually comes after action. Not before it.

Many people believe they will start once they feel more confident, more prepared, more certain. But creative momentum is built through repetition, exposure, and unfinished attempts. Waiting to feel fully ready often becomes a way to avoid vulnerability — because once the work is visible, it can be judged. And hidden work always feels safer.

REFLECTION

What are you waiting to feel before you move forward?

What would you create if embarrassment wasn't part of the equation?

Who taught you that mistakes were dangerous?

Where did you learn that unfinished work meant failure?

MOMENTUM MOVE

Write one thing you've delayed because you wanted the "perfect" version first.

Now: what would the smaller version look like?

Unfinished ≠ failure.

Most creative work is not remembered because it was perfect. It's remembered because it exists.

Check your pocket. George Washington's portrait was never technically finished — we still print it. *The Canterbury Tales* was never completed — we still study it. La Sagrada Família is still under construction — nobody stands outside saying "let's come back when it's done." At some point, most creative work isn't finished. It's just released.

REFLECTION

What unfinished thing are you treating like evidence against yourself?

What project still matters even though it is incomplete?

What if unfinished simply means "still evolving"?

MOMENTUM MOVE

Something unfinished that still taught me something important:

What it taught me:

SECTION 06

Done is a strategy.

*Not a compromise. Not settling. A decision to move.
Quit it. Scale it. Finish it.*

Stalled projects usually sit in the middle — not abandoned, not finished. Just lingering. And lingering drains energy. So instead of endlessly carrying unfinished work, make one of three decisions.

01 QUIT — ON PURPOSE

Not every unfinished thing deserves more of your time. Quitting intentionally is very different from endlessly avoiding completion.

What are you continuing only because you've already invested time in it? *What would feel lighter if you let it go intentionally?*

02 SCALE — MAKE IT SMALLER

The idea isn't wrong. The scope is. Reduce it to one piece, one step, one next version. You don't have to finish the whole thing — just take one bite.

What's the minimum version you could actually finish? *What one piece could you release without the rest?*

03 FINISH — TURN IT IN AS-IS

Set the deadline. Release it. Not because it's perfect — but because done beats perfect every time. Done creates feedback, momentum, and better work than perfection ever will.

What would "done for now" actually look like? *What are you afraid happens after you finish?*

For your UFO — will you quit it, scale it, or finish it?

QUIT

SCALE

FINISH

NOW GO FINISH SOMETHING

What is one thing you will finish this week?

IMPROVE PLAN RETHINK

Finish.

WRITE IT HERE, RIGHT NOW.
