



**CREATIVE  
MENTHOL**

A Digital Workbook  
For Sore Mood & Blocked Creativity  
Effective Dual Action Relief

56 Lozenges

CREATIVE  
MENTHOL



2019 Rosalind



# CREATIVE MENTHOL

A Digital Workbook  
For Sore Mood & Blocked Creativity

Effective Dual Action Relief Helps With Stuck Projects

56 Lozenges

C. A. Kobu

## **CREATIVE MENTHOL**©

is a free digital guide  
written and designed by

C. A. Kobu

exclusively for the subscribers of

[Life Literacy Labs](#)



# Foreword

You haven't started your project with the aim of not completing it.  
Right?

You were so inspired and in the center of your creative zone when you first began.

You were buried in it. You lost track of time. Your beautiful project excited you like crazy.

*That new book you began to write. Your brand new art project. Your masterpiece. Your new blog or website. Or maybe that course you enrolled for with the hope it would change your life.*

You were fired up.

**But what happened?**

Days passed and your passion and determination started to wane. You began feeling lost.



The little voice inside of you started telling you what a big failure you are. Because you left yet another project undone.

You were stuck.

**I know.**

Because I've been there. And I end up getting there during every single creative project I work on.

So, I also know how painful it is.

*As a creative person, you're full of ideas.*

Actually, getting ideas is easy for you. Every day, your creative mind bombards you with ideas. Outstanding ideas.

And sometimes you take a step forward to pursue your amazing idea.



**You're wired up to come up with creative ideas. The hard part is following up. Committing. Consistently.**

*Building magical momentum. And manifesting your beautiful project into something you're proud of.*

Something that gives you joy. Something that enables to share your awesomeness and unique talents with the world. Something that earns you money.

I can assure you that you're not the only one who experiences such periods, which are not fun at all.

Every creative person experiences being stuck at the beginning or in the middle of his or her projects.

**But I have some good news for you!**



**There is a way to unstuck you and your project.**

The ideas in this digital guide will help you find inspiration and get into the creative zone again.

But please keep one thing in mind:

*Be gentle to yourself. Unless you're gentle to yourself,  
no method or technique will work for you.*

I think that's the most helpful advice for creatives. Ever!

If you're creatively stuck, it has a reason. A discoverable reason.

Start with uncovering that reason.

You don't need remorse or a bad conscience. You don't need to force yourself to produce, produce, and produce.



And don't accuse yourself because things are not flowing the way you thought they would.

Don't tell yourself hurtful things you wouldn't tell a loved one.

*Creativity is about play.  
It's about experimenting. Practicing.*

And getting unstuck is about wanting to understand your whereabouts.

It's about finding new ways of thinking, reconnecting with yourself and your project, focusing your attention, and building momentum.

**Always gently.**





# How to Use This Workbook

Each page of this digital workbook has a cue that points at an alternative way of processing the issue you're experiencing with your current project.

You can enable your mind to look at your project from different perspectives by using the ideas in this guide I've created for you exclusively.

You don't have to read it front to back. Just download it on your computer, iPad or iPhone. Or take a printout and keep it around your work area.

Flip through the pages. Stop whenever an idea or a question rings a bell. Think about it. Try to apply it to your specific situation or stuckness.

If one exercise doesn't seem to be working for you, skip to another one.

**I really enjoyed creating this guide. And I hope you enjoy it, too!**

Cheers!  
[C.A. Kobu](#)



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you can be the first one  
to get your hands on free guides  
that help creative people to  
create with more ease and less stress.**



**1**

**Revisit the beginning.  
Why did you fall in love with  
this project in the first place?  
Summon the feeling.**



2

**Imagine moving the unfitting parts  
of this project into a recycle bin.  
Which parts would be recycled?  
Which parts would stay as they are?**



3

**How would you solve this issue  
if you were one year older?  
Use the wisdom of your future and  
more experienced self.**



4

**Your project is a miraculous medicine. What illness do you treat with it? What does it heal? List its unique benefits.**



5

**Imagine your project as a still life painting. Should you change the composition? Do you need to rearrange the pieces?**



6

**If this project were your child,  
how would you nourish it? What type  
of foods would you feed it?**





**If this project were a hibernating bear, what would wake it up?  
Make that noise.**



**Make a Venn diagram of this project.  
Cluster your ideas. Draw lines  
between the sets to display the  
connections.**



9

**What would the Buddha do now? Remember the eightfold path. Right understanding. Right intention. Right speech. Right action. Right livelihood. Right effort. Right mindfulness. Right concentration.**



**10**

**Interview your project and ask for  
brief, honest answers. Fire away your  
burning questions  
as they appear in your mind.  
Jot down the answers. Fast.**



**11**

**Who is your role model?  
Write a letter to yourself from her  
and propose a solution.  
What would be her brilliant idea?**



**12**

**Change the voice of your project.  
Make it serious. Make it funny. Make  
it bold. Make it reserved. Make it  
mysterious. Experiment.**



13

**Go back to the future.  
Take your project with you. What  
does it look like? How different is it?  
Compare and contrast.**



**14**

**Divide and conquer.  
Make a list of the mini tasks  
that comprise the big project.  
Complete the mini tasks  
one step at a time.**





**15**

**If your project were an empty chair,  
who would sit there?  
Who would feel comfortable?**



**16**

**Start from the end.**

**Write a sales page explaining the benefits of what you are creating.**

**Tailor your project backwards.**



**17**

**What advice would you give to yourself if you hired yourself as a coach? What questions would you ask to uncover the source of the issue as well as your true desire?**



18



**What does your belly say?  
Listen to it with an open heart.  
Your belly knows the truth.**



19

**Make a SWOT analysis.  
List the strengths, weaknesses,  
opportunities, and threats. Focus on  
the strengths and the opportunities.**



20

**This obstacle has a message for you.  
What is it? What can it show you that  
you haven't noticed before?**



**21**



**Find out if the wind has changed.  
Adjust the sails.  
Take best advantage of the wind.**



22

**Think of your happy place.  
It can be a person, a memory, a  
success, or an actual place. Use an  
imaginary magnet to channel its  
spirit into your work.**





23

**What is the little voice inside of you saying? Ask her about the real reason.**



24

**If you could clone yourself, what tasks would you still do yourself?**

**First, complete the ones you would assign to your clone.**



25

**Discover where the project  
is bleeding.  
Perform a microsurgery.**



26

**If this project were music,  
what type of music would it be?  
Classical? Jazz fusion?  
Rap? Or punk rock?**



27



**What is that one element  
that best defines this project?  
Magnify it.**



28

**Write a speech that tells the story of this project from the beginning till the end. Read it out loud.**



29

**What solution would a good hearted  
sorceress offer you now?  
What ingredients would her magic  
potion include?**



**30**

**What is making this project dizzy?  
Eliminate it.**





**31**

**Write a Wikipedia entry  
for this project.  
Include a timeline as well as a  
thorough outline.**



32

**Close your eyes  
and visualize the moment of  
completing this project.  
How does it feel?**



33

**Write an obituary for this project.  
Explain how it would have changed  
lives had it not passed away so early.**



34

**What sections of this project  
are poetry? What sections are  
clamor? Develop the poetry.  
Remove the clamor.**



**35**

**Give your project a few days off.  
Allow it to rest.**



36

**What is it that you do NOT want to achieve with this project? Get rid of anything related to it.**



37

**Properly prune your project.  
Get rid of the branches that prevent  
your work from becoming healthy.**



38

**If you were an agony aunt,  
what secret would your project  
share with you? Offer your most  
compassionate advice.**





39

**What exactly helped you overcome  
this obstacle the last time?  
Customize it for this issue.**



**40**

**What secret have you been keeping  
to yourself about this problem?  
Confess it.**



41

**How could you benefit from this problem? Reframe the problem and describe how it can help you.**



**42**

**What if you abandoned this project?  
How would you feel?  
Is it time to kill a good idea so that  
you can realize your best idea?**



43

**List your distractions.  
Find out what need each one fulfills.  
Schedule daily time for the most  
needed one.**



44

**Keep your foot on the gas pedal.  
Forget about perfection.  
Salute motion.**



45

**What have you been avoiding?  
Include it in the overall picture and  
see how it fits.**



46

**That it can be done doesn't mean  
that it should be done.  
List three alternatives that fit your  
values better.**





47

**Who do you think would turn this  
project into a massive success?  
Do what she would do.**



48

**Follow the white rabbit. And jump  
into the hole. Love the unknown.**



49

**What solution involves the greatest integrity? Apply it generously.**



**50**

**Consider the opposite idea.  
Compare it to the idea you have  
already come up with.  
Merge the harmonious parts.**



**51**

**If this project were a map,  
where would the treasure be?  
Find it.**



52

**Perform a split test. Change one variable at a time, and see which outcome pleases you the most.**



**53**

**Discover the most valuable parts.  
Sift the project, and reveal the gold.**



54

**If Mary Poppins was your nanny,  
what would she take out of her  
carpet bag for you now?**





55

**Consider this project a computer game. How many levels does it have?  
Which levels have you already completed?**



56

**Remember to play.  
Come up with three ways of making  
this project more fun.**



# A Few People Who Are Guaranteed To Help You Unleash Your Creativity

[Alison Gresik](#). A fiction writer who coaches creatives to design amazing lives in support of their art.

[Bridget Pilloud](#). A professional life-shifter who teaches people how to use their authentic gifts to enact positive changes in their personal and professional lives.

[Charlie Gilkey](#). A writer, coach and consultant who helps creative people thrive in life and business.

[Corbett Barr](#). An entrepreneur and digital nomad who helps you realize you're not crazy for wanting more from life and your work.

[Cynthia Morris](#). An author, coach and speaker who helps writers, artists and visionaries bring their great ideas into form.

[Danielle LaPorte](#). A writer, speaker and a strategic and intuitive business advisor who likes liberating truth, raw reality and grace.



# A Few People Who Are Guaranteed To Help You Unleash Your Creativity

[Fabeku Fatunmise](#). A writer and coach who helps creatives be less stuck and more awesome through the power of sacred sounds.

[Hiro Boga](#). A writer, transformational guide and healer who helps people create the lives they want by using the power of intuition.

[Marissa Bracke](#). The can-do-ologist who helps creatives whose busy-ness gets in the way of their business.

[Maryann Devine](#). A coach and Secret Play Date wizard who helps you thrive in your creative life and business.

[Sandi Faviell Amorim](#). A Deva coach and an instigator who urges, provokes and incites you to shine.

[Victoria Brouhard](#). A source of passion and compassion, and a coach who helps you create a work life that fills you with joy and pays the bills.



# Thanks!

I hope you enjoyed this digital workbook!  
Thanks for subscribing to [Life Literacy Labs](#).

*And see you in new projects!*

Cheers!  
[C.A. Kobu](#)