**🧭 STUCK CREATOR COMPANION GUIDE**

Your Self-Awareness & Realignment Workbook

## ✅ QUICK QUIZ: Where Are You Really Stuck?

Check off anything that applies to you right now:

* ☐ I’ve abandoned a channel or idea I once deeply loved
* ☐ I secretly feel embarrassed about how few people saw my content
* ☐ I keep saying I’m “strategizing,” but I haven’t posted in weeks
* ☐ I feel betrayed by how the algorithm ignored my hard work
* ☐ I’ve been stuck trying to pick the perfect niche or brand voice
* ☐ I went viral once and now I’m afraid to post again
* ☐ I’ve posted over 50 videos and still feel invisible
* ☐ I sometimes question if I should’ve started creating at all
* ☐ I feel like I’ve failed, even though I’m still learning

⭐ If you checked more than 3 boxes, this guide was made for you.

## ✍️ SECTION 1: Content Grief

Prompt:  
What’s a creative idea or channel you let go of that still lingers in your heart? Why did you stop? What did it mean to you at the time?

Write freely. No judgment. Just honesty.

## ✍️ SECTION 2: Algorithmic Betrayal Loop

Prompt:  
When did you feel most ghosted by the system? What did you expect vs. what actually happened?

New Perspective:  
What if your content wasn’t bad—it was just underexposed?

## ✍️ SECTION 3: Digital Embarrassment

Reflection:  
What’s a post you were low-key proud of—but barely anyone saw?

How did that make you feel?

What story did you tell yourself afterward?

Reframe:  
Visibility ≠ Value. Your worth is not measured in views.

## ✍️ SECTION 4: Perfectionism Masquerading as Strategy

Prompt:  
What decision are you still “researching” that you already have enough info to act on?

Where is perfectionism slowing you down?

What would “Good Enough to Grow” look like?

## ✍️ SECTION 5: The Myth of Starting With Clarity

Reflection:  
What advice have you internalized that might not apply to your current season?

Fill in the blank:  
“Right now, I need to focus less on \_\_\_\_\_\_\_\_ and more on \_\_\_\_\_\_\_\_.”

## ✍️ SECTION 6: Creative PTSD

Prompt:  
What moment (viral or flop) still haunts you creatively?

What did you learn from that moment that makes you stronger now?

Anchor Statement:  
You’re not starting over. You’re starting wiser.

## 🔄 BONUS: The Realignment Loop

Use this every time you drift off course:

* ➡️ Pause the panic.
* ➡️ Name the real block.
* ➡️ Reconnect with your ‘Why Now?’
* ➡️ Start again small.

## 🧠 Personal Check-In

Complete the sentence:  
  
“I’m not starting from scratch, I’m starting from…”  
→ [Your truth here]