

**3  
PROVEN  
WAYS  
TO  
END  
BEAT  
BLOCK  
FOR  
GOOD**

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**CRAS**

DO YOU GET STUCK  
TRYING TO GET NEW  
CONCEPTS NEW  
CREATIVE IDEAS FOR  
YOUR BEATS?  
TECHNIQUES PROVEN

YOU'D PROBABLY SIT  
DOWN TO YOUR  
MACHINE.

WONDERING WHAT  
TYPE OF BEATS TO  
CRAFT, STARTING A  
WHOLE BUNCH OF  
BEAT CONCEPTS,

YOU COULDN'T FIND  
SOMETHING CATCHY  
OR ANYTHING THAT  
WAS SORT OF A GOOD  
FOUNDATION TO  
CRAFT THE BEAT  
AROUND.

THAT'S WHY I  
CRAFTED,

# **3 PROVEN WAYS TO END BEAT BLOCK FOR GOOD**

## **1. TAKE A MENTAL BREAK**

**BREAKS ARE LIKE  
OXYGEN FOR YOUR  
BRAIN. YOU'RE  
GIVING YOUR MIND A  
CHANCE TO  
DECOMPRESS, WHICH  
RESEARCH SHOWS  
CAN HELP BOOST  
PRODUCTIVITY AND  
CREATIVITY IN  
MAKING BEATS IN  
THE LONG RUN.**

## 2. FRESH CONTENT

WHEN YOU LISTEN TO THE SAME TYPE OF MUSIC YOUR BRAIN BECOMES NUMB TO IT. BY SWITCHING UP WHAT YOUR BRAIN IS PROCESSING, YOU EFFECTIVELY JUMP-START YOUR MENTAL STIMULATION WHICH CAN HAVE A PROFOUND EFFECT ON YOUR CREATIVITY. SO SWITCH IT UP AND BE OPEN MINDED TO OTHER TYPES OF MUSIC.

### **3. STEP OUTSIDE YOUR COMFORT ZONE**

**DON'T SETTLE FOR THE AVERAGE JUST TO AVOID STEPPING OUT OF YOUR COMFORT ZONE; IT'S TOO BIG A PRICE TO PAY. YOUR HURDLES AND RISK EXPERIENCES ARE CUMULATIVE. EVERY TIME YOU TRY SOMETHING NEW, ALLOW YOURSELF TO BE OPEN TO WHATEVER EXPERIENCE ARISES, YOU ARE LEARNING, AND EXPANDING YOUR SUPPLY OF BEATS. AS YOU DO THIS YOU ARE ALSO EXPANDING THE SIZE OF YOUR COMFORT ZONE.**

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