



JINGIUS

The More You Create

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— JAMES CLEAR



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You have probably heard something like this before. Someone told you that you are on your phone too much. That you watch too much. That you scroll too much.

You already know this.

So this page is not going to spend a lot of time on that. But it will remind you of two things that happen when you keep consuming without creating anything.

The first one is simple. You do not get things done. When you are always watching, reading, or scrolling, you are not building anything. Time passes. Nothing changes.

The second one is harder to see. Your thoughts stop being your own. When you fill every quiet moment with someone else's content, someone else's opinions start to feel like your own. You react to what other people say instead of deciding what you actually think.

That is the real problem.

This page is here to show you one simple thing: what you can do instead.



You Do Not Need an Audience

When most people hear the word “create,” they think of YouTube channels, Instagram posts, or blogs with thousands of readers.

That is not what this page is about.

Everything here is just for you. No publishing. No followers. No platform.

Private creation counts. A note that only you will read counts. A voice recording that sits on your phone counts. A small plan written on a piece of paper counts.

You do not need anyone else to see it for it to matter.



The Seinfeld Method: Pen and Paper

Jerry Seinfeld is one of the most successful comedians who has ever lived. When people ask him how he comes up with his ideas, his answer is simple.

He sits down with a pen and a piece of paper and he writes.

He has said that keyboards get in the way. He uses a yellow legal pad and a Bic pen. He writes every single day. No screen. No notifications. Just his hand moving across the page.

You do not need to do exactly what he does. You do not need a special notebook or a quiet room.

You just need to sit down and write what is in your head.

It does not need to be good. It does not need to make sense to anyone else. You are not writing for a grade. You are writing to find out what you actually think.

If you do not know where to start, try one of these:

- What is something I keep thinking about?
- What is a problem I have not solved yet?
- What do I actually believe about this?
- What is something I want to do but have not started?
- What is bothering me right now?

Write for five minutes. That is enough to start.





Voice Notes

Some people do not like writing. That is fine.

If sitting down with a pen feels too slow or too difficult, use your voice instead.

Open the voice recorder on your phone and talk. Say what is on your mind. Say what you are thinking about. Ask yourself a question and answer it out loud.

You do not need to sound smart. You do not need to prepare anything. Just talk.

This is the same habit as writing. The only difference is that your mouth moves instead of your hand.

Some people find it easier to think when they are walking. If that is you, take a walk and record yourself talking. Five minutes is enough.

If you want somewhere to start, try one of these:

- What is something I learned recently?
- What is a decision I need to make?
- What do I wish I had more time for?
- What is one thing I want to remember from this week?



Other Ways to Create

Writing and voice notes are not the only options. Here are a few more that work well for different kinds of people.

Sketching and diagrams.

If you think in pictures, draw it out. You do not need to be an artist. A simple diagram of how something works, or a rough drawing of an idea, is still creation. It is your thinking made visible.

Talking to someone.

Find a person you trust and explain an idea to them. When you have to explain something out loud to another person, you quickly find out what you actually understand and what you do not. The conversation forces you to organize your thoughts.

A simple checklist.

Think of something you do over and over again and make it into a list of steps. This is creation. You are taking a repeated problem and building a small system for it. That system belongs to you.

The note card method.

Write one idea or one question on a small card. Just one. Put it somewhere you will see it. Think about it through the day. The next day, write another one. Over time, you build a small collection of your own ideas and questions — one card at a time.



Creation Days, Weeks, and Months

Sometimes one small habit is not enough. Sometimes you need a bigger block of time.

A creation day is a full day where you choose to create instead of consume. No passive scrolling. No random videos. No news feeds. Just you and whatever you want to build, write, draw, plan, or think about.

This is not a punishment. It is a choice. You are giving your attention to yourself for one day.

During a creation day you might write, take a long walk, work on a small project, draw something, make a plan, or just sit quietly and think. Whatever you choose, the goal is the same: let your own thoughts take up space.

Here is something worth knowing. When you first stop filling every quiet moment with content, you will probably feel bored. That feeling is normal. Boredom is often where your own thinking starts again. Give it time.

A creation day is a good place to start. A creation week is a real reset. A creation month is a serious commitment. Not everyone needs to go that far. But start with one day and see what happens.



What Happens If You Don't

This is worth saying plainly. If you keep consuming without creating, a few things will happen over time.

Your focus gets weaker.

When distraction is your default, it becomes harder to sit with one thing for very long. Your attention becomes something that other people control.

Your thoughts stop being yours.

Algorithms decide what you see. Other people's opinions fill the space where your own ideas should be. You start reacting to everything instead of deciding anything.

You stay stuck.

Consuming feels like progress. It often is not. Watching someone else build something is not the same as building something yourself. Reading about a decision is not the same as making one.

Time passes and nothing is yours.

No notes. No plans. No record of your own thinking. Just a long history of things you watched and forgot.

None of this has to be permanent. But it does not change on its own.



Start Here

You do not need a big plan. You do not need to change everything today.

Pick one thing from this page. The one that feels easiest. Do it once, for five minutes.

Write one thought down. Record one voice note. Draw one diagram. Fill out one note card. Plan one creation day.

That is enough to start.

The goal is simple. Spend a little less time receiving other people's thinking and a little more time doing your own.

One small thing. Today.