



JINGIUS

Journaling Questions

THE MORE YOU CREATE

“The more you create, the more powerful you become. The more you consume, the more powerful others become.”

— JAMES CLEAR



BEFORE YOU BEGIN

How to Use These Questions

These questions are for you. Not for anyone else to read. Not to be graded.

You do not need to answer all of them. Pick one question from any section. Write for five minutes. That is enough.

Come back to this guide whenever you want to think more clearly about what you are creating and why.



Daily Questions — Morning

Use these to set a simple creative intention before your day begins.

1. What is one thing I want to think about today — not do, just think about?

2. Is there a thought that has been sitting in the back of my mind? What is it?

3. What is something I keep putting off because I do not have a clear plan? Can I write one sentence of that plan right now?



Daily Questions — Morning

Continued

4. What do I want to remember about today when I look back on it next week?

5. Is there something I am about to consume today — a video, an article, a feed — that I could create instead? What would I make?



Daily Questions — Evening

Use these to reflect on what happened and what your mind is still holding.

1. What did I actually think about today — not just react to, but genuinely think through?

2. Did I create anything today, even something small? If yes, what was it? If no, what got in the way?

3. What is something I consumed today that was worth it? What made it worth it?



Daily Questions — Evening

Continued

4. What is a thought I had today that I do not want to forget?

5. Is there anything I started today that I want to continue tomorrow?

**6. If I had 10 minutes right now before sleep, would I spend them creating or consuming?
Which one do I actually need more?**



Weekly Questions

Use these once a week to step back and look at the bigger picture.

1. What did I create this week — even small things? Make a list.

2. What did I consume this week? How much of it did I choose intentionally, and how much did I just fall into?

3. Which idea from this week is still worth thinking about?



Weekly Questions

Continued

4. Did my own thoughts get enough space this week, or were they crowded out by other people's content?

5. What is one thing I said to someone this week that surprised me — because I had not known I thought that until I said it?

6. What do I want more of next week — and what do I want less of?



What I Learned — Questions

Use these after reading, watching, or listening to something. They help you turn what you consumed into something that belongs to you.

1. What is the one thing I want to remember from this?

2. What do I agree with? What do I disagree with or feel uncertain about?

3. How does this connect to something I already believe or something I have been thinking about?



What I Learned — Questions

Continued

4. If I had to explain this to someone I know — in plain words, not the words from the source — what would I say?

5. What question did this raise that I have not answered yet?

6. What would I do differently based on this? Or: what does this change, if anything?



What I Want to Build — Questions

Use these when you want to get clearer on what you are working toward.

1. Is there something I keep thinking I should create but have not started? What is it?

2. What kind of creator am I — or what kind do I want to become? (Not publicly. Just for myself.)

3. What would I build if I knew no one would ever see it?



What I Want to Build — Questions

Continued

4. What do I want to understand better by the end of this year? How could creating help me get there?

5. What is one system, habit, or tool that would make me feel more in control of my own thinking?
