



JINGIUS

Creation Checklist

THE MORE YOU CREATE

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

— JAMES CLEAR



Use this checklist daily or weekly. You do not need to check every box.

Pick one thing and do it. That counts.

Daily — Pick at Least One

- ☐ Write one thought down (paper, notes app, anywhere)
- ☐ Record a voice note — even 2 minutes is enough
- ☐ Take something you read, watched, or heard and write one sentence about what you want to remember
- ☐ Sketch or draw an idea, even roughly
- ☐ Write a short plan for tomorrow — even just 3 things
- ☐ Add one idea, note, or question to your personal notes system
- ☐ Review and update a checklist or system you already have
- ☐ Explain an idea to someone you trust — out loud

Weekly — Pick at Least One

- ☐ Review your notes from the past week — what is worth keeping?
- ☐ Find two ideas you have been thinking about and write one sentence connecting them
- ☐ Build or improve one small system for something you repeat
- ☐ Plan a creation block for next week — choose a day and time





Signs You Created This Week

Check these at the end of the week. If you can check even two or three, you are building something.

- ☐ I wrote something — a thought, a plan, a note — that only I will see
- ☐ I captured an idea before it disappeared
- ☐ I organized something that was scattered
- ☐ I understood something better because I explained it or wrote it out
- ☐ I built or improved something small — a list, a system, a plan

A REMINDER

Creation does not have to be big. It does not have to be public. It does not have to be perfect.

One sentence counts. One voice note counts. One idea written on a card counts.

The goal is to spend a little more time building your own thinking — and a little less time receiving someone else's.

