



JINGIUS

Creation Day Planner

THE MORE YOU CREATE

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

— JAMES CLEAR



A creation day is a day — or a block of time — where you give your attention to yourself. Fill in this planner before you start. Refer back to it through the day.

Before You Begin

Date _____

What I want to create today

One or two specific things — not a long list.

Why this matters to me

My Rule for Today

Today I will not _____

Choose one thing you will not do today — social media, news, videos, etc.

Today I will use _____

Choose one tool or format you will use.





Time Blocks

Fill in what you plan to do, then mark it done when you finish.

TIME	WHAT I WILL DO	DONE
Morning		
Mid-morning		
Afternoon		
Late afternoon		
Evening (optional)		

Take a 10-minute break every 90 minutes. Step away from the screen.





End of Day Reflection

Fill this in before you finish for the day.

What I actually created today

One thing that worked well

One thing I want to do differently next time

What I want to continue tomorrow

A NOTE

You do not need to create something big today. You need to create something that is yours.

If you felt bored at any point — that is a good sign. Boredom is often where your own thinking starts again.

