



JINGIUS

Weekly Review Sheet

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 at the end of each week. It should take 10 minutes or less. The goal is not to judge yourself — it is to see clearly what happened and decide one small thing to do differently.

Week of

Section 1 — What I Consumed This Week

Articles, videos, podcasts, social media, books, news — anything you took in.

Of everything I listed above, how much of it did I choose intentionally?

- ☐ Most of it — I chose it on purpose
- ☐ About half — some intentional, some just happened
- ☐ Not much — most of it I fell into without thinking

One thing I consumed this week that was actually worth it



Section 2 — What I Created This Week

Notes, voice recordings, plans, checklists, sketches, ideas written down — anything you made.

Of everything I listed above, which one am I most glad I made?

Did my own thoughts get enough space this week?

- ☐ Yes — I had time to think and make things
- ☐ Somewhat — a little, but not as much as I wanted
- ☐ Not really — other people's content took over most of my attention



Section 3 — What I Want to Keep

One idea from this week worth saving

One habit or system I want to continue

Section 4 — Next Week

One thing I will create next week

Be specific — what exactly will you make, and when?

One type of consumption I want to be more intentional about

Day _____

Time _____

One Sentence for the Week

Finish this sentence: "This week, I ..."

