



JINGIUS

What Can I Create From This?

THE MORE YOU CREATE

"The more you create, the more powerful you become. The more you consume, the more powerful others become."

— JAMES CLEAR



You just consumed something. Now make it yours.

Use this sheet right after you finish an article, video, podcast, book chapter, or conversation. Pick one question. Write or record your answer for two minutes. That is creation.

- 1 What is the one thing I want to remember from this?**
Write it in your own words — not a quote, not a summary. What do you want to hold on to?
- 2 What do I actually agree with here — and what am I not sure about?**
Most things have parts worth keeping and parts worth questioning. What falls on each side for you?
- 3 How does this connect to something I already believe or have been thinking about?**
New ideas land better when they connect to something you already know. What does this link to?
- 4 What would I explain differently if I were telling this to someone I know?**
You do not have to use the original words. What would you say in your own language?
- 5 What is something in here I disagree with — even slightly?**
Disagreement is not a problem. It is thinking. What sits wrong with you, and why?



**6 What would I actually do with this idea today — if anything?**

Not someday. Today. Even one small thing counts.

7 What checklist, note, or plan could I make from this?

Could this become a system? A reminder? A habit? A list of steps?

8 Who in my life would find this useful — and how would I explain it to them?

Explaining something to someone else forces you to understand it properly.

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

Good content does not always give answers. Sometimes it opens a door. What door did this open?

10 What do I want to think about more — and when will I do that?

Not everything needs an immediate answer. But if something is worth thinking about more, name it now before it disappears.

HOW TO USE THIS SHEET

You do not need to answer all 10 questions. Pick one that feels right for what you just consumed. Write for two minutes. Save it somewhere — a note, a voice recording, a card.

That two minutes is the difference between consuming and creating.

