



The Continuous Creation Challenge Planning Checklist

Created by Joel Zaslofsky of [Value of Simple](#)

The full Continuous Creation Challenge resource kit can be found [here](#)

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Use this checklist to plan the details around your upcoming Continuous Creation Challenge. There is no right or wrong way to do it and you should customize your experience even beyond the prompts and check boxes in this part of the [CCC resource kit](#).

And don't worry. This might look a little long, but you can whip through it in a few minutes if that's all you have time for.

To Create

You can have a separate checklist of projects to crank through during your CCC, make it completely spontaneous, or find a happy medium between creative plans and serendipity. First think about (roughly) how much time you want to chunk off for planned projects vs. spontaneous creation and then add any planned projects in the categories below.

Writing

<input type="checkbox"/> Journaling	<input type="checkbox"/> Blog content	<input type="checkbox"/> Book
<input type="checkbox"/> Thank yous	<input checked="" type="checkbox"/> Cards	<input type="checkbox"/> Love Letters
<input type="checkbox"/> Other (specify in blank section →)		

Speaking

<input type="checkbox"/> Videos	<input type="checkbox"/> Music	<input checked="" type="checkbox"/> Podcasts
<input type="checkbox"/> Other (specify in blank section →)		

Art

<input type="checkbox"/> Drawing	<input type="checkbox"/> Sculpting	<input type="checkbox"/> Graphic design
<input type="checkbox"/> Painting	<input type="checkbox"/> Printing	<input type="checkbox"/> Home decorations
<input type="checkbox"/> Woodworking	<input type="checkbox"/> Photography	<input type="checkbox"/> Performance art
<input type="checkbox"/> Other (specify in blank section →)		

Cooking

<input type="checkbox"/> Meals to freeze	<input type="checkbox"/> A romantic dinner	<input checked="" type="checkbox"/> That one recipe...
<input type="checkbox"/> Other (specify in blank section →)		

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Peace and Quiet

<input checked="" type="checkbox"/> Walking the dogs	<input type="checkbox"/> Yoga	<input checked="" type="checkbox"/> Meditation
<input type="checkbox"/> Other (specify in blank section →)		

New Relationships

<input checked="" type="checkbox"/> With neighbors	<input type="checkbox"/> At a social event	<input type="checkbox"/> That one person...
<input type="checkbox"/> Other (specify in blank section →)		

Other Miscellaneous

<input type="checkbox"/> Gardening / landscaping	<input type="checkbox"/> Tech / website / app	<input type="checkbox"/> Mind maps
<input type="checkbox"/> Spreadsheets	<input type="checkbox"/> Printing	<input type="checkbox"/> Home decorations
<input type="checkbox"/> Woodworking	<input type="checkbox"/> Photography	<input type="checkbox"/> Performance art
<input type="checkbox"/> Requests from friends / family →		
<input checked="" type="checkbox"/> Other (specify in blank section →)	Adding to my curated spreadsheets.	

To Eliminate

Choose the types of consumption you'll eliminate and get creative. What constitutes consumption is very subjective and will vary between you and everyone else – or even within a category like reading fiction vs. non-fiction books. Remember that the challenge should feel difficult and disruptive in some ways, but never compromise your health or jeopardize any known physical or mental issues you may have. That means honoring your need for sleep, fluids (e.g. water/tea/coffee), and/or food.

Reading

<input checked="" type="checkbox"/> Books	<input checked="" type="checkbox"/> Newspapers	<input checked="" type="checkbox"/> Magazines
<input checked="" type="checkbox"/> Emails	<input checked="" type="checkbox"/> Texts	<input checked="" type="checkbox"/> Social media
<input checked="" type="checkbox"/> RSS feeds	<input checked="" type="checkbox"/> General Internet sites	
<input type="checkbox"/> Other (specify in blank section →)		

Watching (a.k.a. Things Requiring Electricity)

<input checked="" type="checkbox"/> Movies	<input checked="" type="checkbox"/> TV	<input checked="" type="checkbox"/> YouTube
<input checked="" type="checkbox"/> Instructional videos		
<input type="checkbox"/> Other (specify in blank section →)		

Listening

<input checked="" type="checkbox"/> Music	<input checked="" type="checkbox"/> Radio	<input checked="" type="checkbox"/> Podcasts
<input type="checkbox"/> Other (specify in blank section →)		

Eating / Drinking

<input checked="" type="checkbox"/> Solid food	<input checked="" type="checkbox"/> Fluids with calories	<input checked="" type="checkbox"/> Snacks
<input type="checkbox"/> Other (specify in blank section →)		

Sleeping

<input type="checkbox"/> Nighttime	<input type="checkbox"/> Daytime / naps	
<input type="checkbox"/> Other (specify or quantify →)		

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Playing

<input type="checkbox"/> Video games	<input type="checkbox"/> Sex	
<input type="checkbox"/> Other (specify in blank section →)		

Other Miscellaneous

<input checked="" type="checkbox"/> Searching / browsing (e.g. Google or clothing store)	<input checked="" type="checkbox"/> Modifying (e.g. Blog design or sweater)	<input checked="" type="checkbox"/> Errands (e.g. grocery store or library visit)
<input type="checkbox"/> Social events	<input checked="" type="checkbox"/> Non-essential communication (defined by you)	
<input type="checkbox"/> Other (specify in blank section →)		

General Planning

There are many details that go into planning a successful Continuous Creation Challenge and they vary depending on how long it is, where you'll do it, why you're doing it, how you'll communicate the results of the experience, etc. This section is intended to capture most of those variables, but you'll probably think of your own to add to this list.

How Long

The minimum recommended time is twelve hours, but more is often desirable (if possible).

<input type="checkbox"/> 12 hours	<input checked="" type="checkbox"/> 24 hours	<input type="checkbox"/> 36 hours
<input type="checkbox"/> 48 hours	<input type="checkbox"/> 72 hours	<input type="checkbox"/> 120 hours
<input type="checkbox"/> Other (specify in blank section →)		

Starting, Finishing, and When You'll Do It

It's best to do a CCC when your commitments are lowest, but a good plan can accommodate any time period for it. Once you pick a specific day or set of days, make it sacred!

<input type="checkbox"/> Primarily over the weekend	<input checked="" type="checkbox"/> Primarily during the week	
<input checked="" type="checkbox"/> Start in the morning	<input type="checkbox"/> Start in the afternoon	<input type="checkbox"/> Start in the evening
<input type="checkbox"/> I need some recovery or catching up time after it's done (specify hours / days →)		
<input type="checkbox"/> Other (specify in blank section →)		

Documenting Your Creations

Separate from how you'll share your creations (if you do at all), how do you plan to document the things you create? This is recommended as a source of pride for your achievements and to use for comparison purposes (if you like) for other CCCs you do.

<input type="checkbox"/> Journal	<input type="checkbox"/> Word processing document	<input type="checkbox"/> Spreadsheet
<input type="checkbox"/> Private forum	<input type="checkbox"/> Public forum	
<input checked="" type="checkbox"/> Other (specify in blank section →) Blog post recap.		

Communicating Your Creations

How will you communicate what you've created?

<input type="checkbox"/> Email	<input type="checkbox"/> Phone call(s)	<input type="checkbox"/> Text(s)
<input type="checkbox"/> Private forum	<input type="checkbox"/> Public forum	<input type="checkbox"/> Social media
<input checked="" type="checkbox"/> Other (specify in blank section →)	Blog post.	

Who will you share this with?

<input checked="" type="checkbox"/> Family	<input checked="" type="checkbox"/> Friends	<input type="checkbox"/> Neighbors
<input type="checkbox"/> Co-workers	<input type="checkbox"/> Local social club	
<input checked="" type="checkbox"/> Blog readers	<input type="checkbox"/> Podcast listeners	<input type="checkbox"/> YouTube subscribers
<input checked="" type="checkbox"/> Online community or forums (specify in blank section →)	The Puttytribe.	
<input type="checkbox"/> Other (specify in blank section →)		

Who's Impacted

Different people will be impacted in different ways before, during, and after your challenge. Identify which group(s) of people are potentially or definitely impacted so you can plan to arrange for their needs to be met around your CCC. Consider contacting the most impacted people ahead of your challenge to set expectations.

<input checked="" type="checkbox"/> Family (specify in blank section →)	Melinda, Grant, and Clark.	
<input checked="" type="checkbox"/> Friends (specify in blank section →)	My Lifeline Group.	
<input type="checkbox"/> Co-workers (specify in blank section →)		
<input type="checkbox"/> Online community or forums (specify in blank section →)		
<input type="checkbox"/> Neighbors	<input type="checkbox"/> Local social club	
<input type="checkbox"/> Blog readers	<input type="checkbox"/> Podcast listeners	<input type="checkbox"/> YouTube subscribers
<input type="checkbox"/> Other (specify in blank section →)		

Mini-Breaks

What mini-breaks – if any – will you allow yourself to take for specific commitments you feel honored to uphold during the challenge?

<input checked="" type="checkbox"/> Making meals	<input type="checkbox"/> Running errands	<input type="checkbox"/> Picking up kids
<input type="checkbox"/> Caring for pets		
<input type="checkbox"/> Other (specify in blank section →)		

Sleep

Some people get more sleep during their CCC. Other people get less or keep their normal routine. What are your plans related to sleep?

<input checked="" type="checkbox"/> More sleep than normal	<input type="checkbox"/> Less sleep than normal	<input type="checkbox"/> Sleep when it feels right
<input type="checkbox"/> No change in sleep habits		
<input type="checkbox"/> Other (specify in blank section →)		

Location

Where's the primary place you'll be for your CCC?

<input checked="" type="checkbox"/> Your house / apartment	<input type="checkbox"/> Family house / apartment	<input type="checkbox"/> Friend's house / apartment
<input type="checkbox"/> Away from home (e.g. cabin in the woods or camping)		
<input type="checkbox"/> Other (specify in blank section →)		

Accountability

Who – if anyone – will be your accountability buddy or team to keep you motivated before your CCC or to help you troubleshoot during it?

<input type="checkbox"/> Family (specify in blank section →)	
<input type="checkbox"/> Friends (specify in blank section →)	
<input type="checkbox"/> Co-workers (specify in blank section →)	
<input type="checkbox"/> Online community or forums (specify in blank section →)	
<input type="checkbox"/> Neighbors	<input type="checkbox"/> Local social club
<input type="checkbox"/> Blog readers	<input type="checkbox"/> Podcast listeners
<input type="checkbox"/> Other (specify in blank section →)	<input type="checkbox"/> YouTube subscribers
<input checked="" type="checkbox"/> I don't need accountability	

Doing It With Others

Some people do their CCC with family, friends, a local or online community, or other people. This can be done either in the same location as another person or everyone else or at the same time in different places. Who will you do your CCC with (if applicable)?

<input type="checkbox"/> Family (specify in blank section →)	
<input type="checkbox"/> Friends (specify in blank section →)	
<input type="checkbox"/> Co-workers (specify in blank section →)	
<input type="checkbox"/> Local or online community (specify in blank section →)	
<input type="checkbox"/> Other (specify in blank section →)	
<input checked="" type="checkbox"/> I'm doing it solo	Maybe you'll join me on April 21, though?

Questions to Answer

Writing down the questions you want to prompt yourself to answer after your CCC is fun and enlightening. For example: what's yoga like after fasting for X hours or how hard/easy was it for me to resuming consuming certain things I eliminated? List any questions you have for yourself here.

1. What's it like to do a CCC for only 24 hours? My previous ones have been 72 hours or more.

Taking Requests

It can be fun to take requests about what you should or could create during your CCC. Who will you ask to suggest creations for your CCC?

<input checked="" type="checkbox"/> Family (specify in blank section →)	
<input checked="" type="checkbox"/> Friends (specify in blank section →)	
<input type="checkbox"/> Co-workers (specify in blank section →)	
<input checked="" type="checkbox"/> Local or online community (specify in blank section →)	The Value of Simple and Smart and Simple Matters community.
<input type="checkbox"/> Other (specify in blank section →)	
<input type="checkbox"/> I'm not taking requests	

Special Notes

If there are any special notes or something in particular you want to call attention to, do it here.

I'm ready to rock this!

More Resources

Head to the [CCC resource center](#) at Value of Simple for more resources related to planning, doing, and sharing your CCC. You may also want to print or send this completed guide to someone. If so, go for it!

And if you'd like other people to do a Continuous Creation Challenge or complete this checklist, you can [tweet about that right now](#).

Thanks for your help and for planning a rockin' CCC! We all need more people like you.