

The Continuous Creation Challenge Planning Checklist

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

The Continuous Creation Challenge (CCC) Planning Checklist

Use this checklist to plan the details around your upcoming Continuous Creation Challenge. There's 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 document might look big, but you can whip through it in a few minutes if you need to.

To Create

You can have a separate checklist of projects to crank through, make it completely spontaneous, or find a happy medium between planning and serendipity. First, think about how much time you want to block off for planned projects versus spontaneous creation. Next, 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 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 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 type="checkbox"/> That one recipe...
<input type="checkbox"/> Other (specify in blank section →)		

Peace and Quiet

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

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

To Eliminate

Here's where you get to choose the types of consumption you'll eliminate. What constitutes consumption is subjective and will vary between you and everyone else – or even within a category like reading fiction versus non-fiction books.

Remember: the challenge should feel difficult and disruptive in some ways. But never compromise your health or jeopardize any known physical, mental, or emotional issues you may have. That means honoring your need for sleep, fluids (e.g., water/tea/coffee), and/or food.

Reading

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

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

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

Listening

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

Eating / Drinking

<input type="checkbox"/> Solid food	<input type="checkbox"/> Fluids with calories	<input 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 type="checkbox"/> Searching / browsing (e.g., Google or clothing store)	<input type="checkbox"/> Modifying (e.g., Blog design or sweater)	<input type="checkbox"/> Errands (e.g., grocery store or library visit)
<input type="checkbox"/> Social events	<input 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 CCC 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, and other variables.

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 longer is generally better (if possible).

<input type="checkbox"/> 12 hours	<input 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 low, but a good plan can accommodate just about anything life throws at you. Pick a specific day or set of days and make it sacred!

<input type="checkbox"/> Primarily over the weekend	<input type="checkbox"/> Primarily during the week	
<input 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? You should be proud of what you create and potentially use the output to compare one CCC with any other.

<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 type="checkbox"/> Other (specify in blank section →)		

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 type="checkbox"/> Other (specify in blank section →)		

Who will you share this with?

<input type="checkbox"/> Family	<input type="checkbox"/> Friends	<input type="checkbox"/> Neighbors
<input type="checkbox"/> Co-workers	<input type="checkbox"/> Local social club	
<input type="checkbox"/> Blog readers	<input type="checkbox"/> Podcast listeners	<input type="checkbox"/> YouTube subscribers
<input type="checkbox"/> Online community or forums (specify in blank section →)		
<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 still meet their needs during your CCC. Setting expectations in advance with the most impacted people is highly recommended.

<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"/> 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 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 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 your primary location for your CCC?

<input 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"/> YouTube subscribers
<input type="checkbox"/> Other (specify in blank section →)	
<input 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 even strangers. Who will you do your CCC with?

<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 type="checkbox"/> I'm doing it solo	

Questions You Want to Answer after Your CCC

It's time to write down some prompts to get those brain juices fully flowing. 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.

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?

<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 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.

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More Resources (and a Request to Help Others)

If you need more tools related to planning, doing, and sharing your CCC, just head to the [CCC resource center](#).

It's my sincere hope that the Continuous Creation Challenge makes it easier for you to simplify, build community, and be authentic. And when that happens, **share its existence with others who will benefit.**

We're here to consume less and create more – together – and I need your help to make a huge impact!

So here are some great ways to spread the word about the CCC:

Social Media Sharing

Here's a tweet you can share to help get the word out and you can expand or edit it however you want for Facebook, Google+, LinkedIn, or anywhere else you like:

Tweet: Consume less, #create more. It's the Continuous Creation Challenge from @joelzaslofsky and it rocks! Learn more → <http://bit.ly/1mECdoz> ([click here to tweet](#))

You can also use these links to share with a single click on your favorite social platform:

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[Click here to share on Facebook](#)

[Click here to share on Google+](#)

[Click here to share on LinkedIn](#)

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