

The Creative Act: A Way of Being

by Rick Rubin

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Open a capture channel**
Create one place for raw ideas with no judgment attached.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Choose a listening ritual**
Pick a repeatable condition that helps you receive ideas.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Define the current phase**
Name whether the work needs receiving, shaping, stripping, or releasing.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Remove one performance layer**
Cut one choice made to impress rather than serve the work.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Capture without judging**
Collect one idea before evaluating it.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁶ **Edit toward essence**
Remove one unnecessary element from a work in progress.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁷ **Release one small piece**
Share or finish a small work without perfect certainty.

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