

# Weekly Creative Routine — Color-Coded Calendar

## Legend

Class | Work | Gym | Study | Home/Dinner/Shower | Leisure | Faith | Deep Work

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM TNTT 11:00 AM Church Rest / Prep	9:00 AM Wake 10:00 AM – 4:30 PM Work 6:00 PM – 7:30 PM SR Capstone I 8:00 PM Home / Dinner / Shower	9:00 AM Wake 11:00 AM – 12:20 PM Web Server App Dev 12:30 PM – 1:50 PM Lunch / Study 2:00 PM – 3:30 PM Enterprise App Dev 5:00 PM – 6:30 PM Gym 7:00 PM Home / Dinner / Shower 8:00 PM – 8:10 PM Deep Work — Breathing Meditation 8:10 PM – 10:00 PM Study / Homework 11:00 PM – 12:00 AM Gaming	9:00 AM Wake 10:00 AM – 5:00 PM Work 5:30 PM – 6:40 PM Gym 7:00 PM Home / Dinner / Shower 8:00 PM – 10:00 PM Study / Homework 11:00 PM – 12:00 AM Gaming	9:00 AM Wake 11:00 AM – 12:20 PM Web Server App Dev 12:30 PM – 1:50 PM Lunch / Study 2:00 PM – 3:30 PM Enterprise App Dev 5:00 PM – 6:30 PM Gym 7:00 PM Home / Dinner / Shower 7:30 PM – 7:50 PM Deep Work — Beginner Yoga 8:00 PM – 10:00 PM Study / Homework 11:00 PM – 12:00 AM Gaming	9:00 AM Wake 10:00 AM – 5:00 PM Work 5:30 PM – 6:40 PM Gym 7:00 PM Home / Dinner / Shower 7:15 PM – 7:45 PM Deep Work — Walk (no phone) 8:00 PM – 10:00 PM Study / Homework 11:00 PM – 12:00 AM Gaming	Flex / Personal

## **2) Deep Work — Rituals & Rules**

### Rituals

- Workspace Reset: clear desk, close all apps except what I need, water within reach.
- Pre Commitment Note + Lofi Playlist: write one line objective for the block, then play the same playlist to cue focus.

### Rules

- Phone out of the room; Do Not Disturb on.
- Single task rule: one app in full screen; email/social closed.

## **3) Mindfulness Exercises**

Block 1 — Breathing Meditation (10 min): Box breathing at start of Tuesday study.

Block 2 — Beginner Yoga (20 min): Thursday evening sequence before study.

Block 3 — Walk (30 min): Friday evening walk without phone.

## **4) Reflection Responses**

Block 1 — Breathing

The first two minutes felt noisy, but counting breaths calmed me. I transitioned smoothly into focused study.

Block 2 — Yoga

Initial stiffness faded; afterward, I studied longer without fidgeting.

Block 3 — Walk

Craving for the phone faded after 5 minutes. New capstone ideas surfaced naturally. Returned refreshed.

Overall: The most reliable trigger for sitting down to work was environment prep—phone outside, objective written, playlist on. These reduced the friction to start work quickly.