

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

## **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.