




Creative Starter Kickstart Kit

Jumpstart your creative momentum with this plug-and-play system.

What's Inside

- ✓ Project Brief Builder – clarify your idea & goals
-  1-Week Sprint Calendar – map out a focused work sprint
-  Constraint Card Deck – unlock creative flow through guided limitations
-  Sample Music Track - set the vibe to inspire creative momentum

♦ PART 1: Project Brief Builder

Start with a simple template to help you clarify your idea and align your effort.

How to Use:

1. Download or Print the Template

Formats Provided:


- PDF printable version
- Google Sheet version (editable)

2. Fill Out the 6 Core Sections:

- Project Name & Vision: What are you making? Why?
- Problem You're Solving: What need or curiosity is this addressing?
- Audience or Use Case: Who is this for (or just for you)?
- Inspiration & References: Add 2–3 styles, creators, or formats you like
- Tool Stack: What apps, tools, or methods will you use?
- Done-Look-Like: What does success or “done” look like in 7 days?

3. Keep It Visible

Post it in your workspace or set it as a Notion widget to revisit daily.

 Tip: Keep it under 1 page. Don't overthink it—just start.

♦ PART 2: 1-Week Sprint Calendar

A pre-filled weekly plan to break your project into clear, doable steps.

Sprint Breakdown:

Day	Focus	Task Examples
Day 1	Define & Set Up	Complete your Project Brief Builder, create folders/files, moodboard
Day 2	Ideate & Outline	Sketch ideas, gather references, list features
Day 3	Create Core Assets	Start rough draft, wireframe, or storyboard
Day 4	Refine & Polish	Clean up layout, fix flow, simplify
Day 5	Test or Preview	Share a WIP with a friend or community
Day 6	Finalize & Export	Package your final deliverable
Day 7	Share & Reflect	Publish, post, or save—and write 3 takeaways

Formats Provided:

- PDF printable version
- Notion Weekly Board template (optional embed)

You'll need a free Notion account at <https://notion.so> to access Notion templates.

Notion link to the 1-Week Sprint Calendar:

<https://odd-jitterbug-ca4.notion.site/1-Week-Creative-Sprint-Calendar-1d97e9f58b70803a8908eab05e1bd6dc>

Choose either the printable Sprint Calendar or duplicate the Notion board to your account.

🧠 Mindset: You don't need to finish a masterpiece—just finish something.

♦ **PART 3: Constraint Card Deck**

A printable or digital deck to inject focus, spark ideas, and push limits.

What's Included:

- 20+ Prompt Cards across 4 types:
 - Limitations (e.g. "Only use 3 colors")
 - Forces (e.g. "Add movement or interaction")
 - Twists (e.g. "Make it without using text")
 - Deadlines (e.g. "Finish in 1 hour max")

How to Use:




1. Shuffle the deck (or use a random picker)
2. Choose 1–2 constraints for your current project or sprint
3. Embrace the challenge—don't override it unless it completely blocks progress
4. Repeat for future sprints to keep ideas fresh

✨ Optional: Use the digital version with a randomizer button or click-through gallery in Notion or PDF.

Wrap-Up & Download Options

Offer all three in a ZIP folder or as separate links:

-  Printable PDF Kit

-  Editable Google Docs / Sheets
-  Notion template embeds
-  A 30-Second Lo-fi Focus Sample Track (MP3 file)